JUNE 2021 ₹ 100

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**TEENS**
GROOMING
**OR CANING?**

**ROTTEN**
FLOWERS

**SLAY IN**
DIVA SHADES

**I AM**
NOT PINK

**HIGH FASHION**
MAKEUP

GO FOR IT GIRL!

**EVOLUTION OF**
A RELATIONSHIP

**ONE CHILD**
NOTION

**TEEN TECHNOLOGY**
ADDICTION

**FRIENDS**
**FOR LIFE**

**MENTAL**
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JUNE 2021
Vol 45, Issue No. 1114

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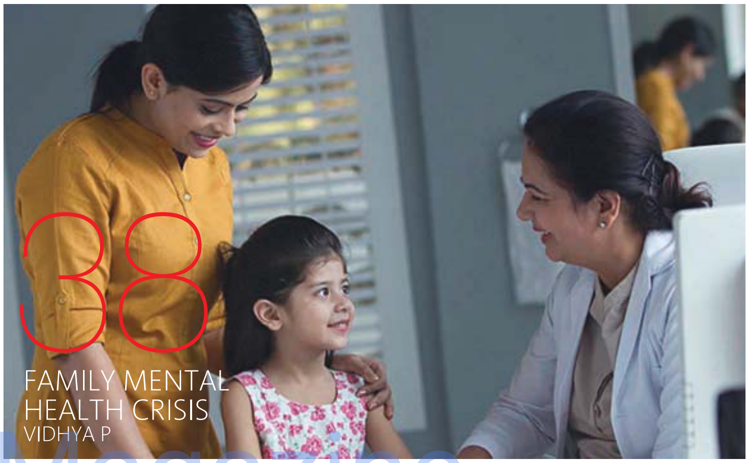

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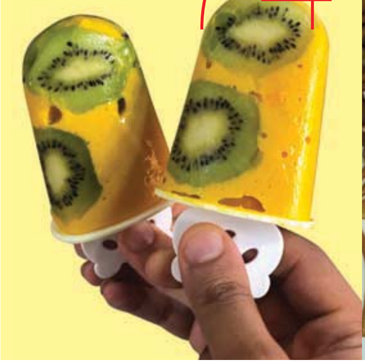

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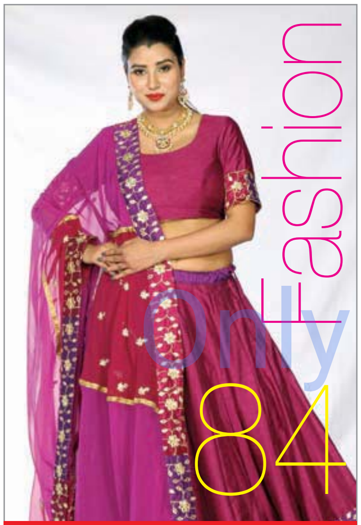

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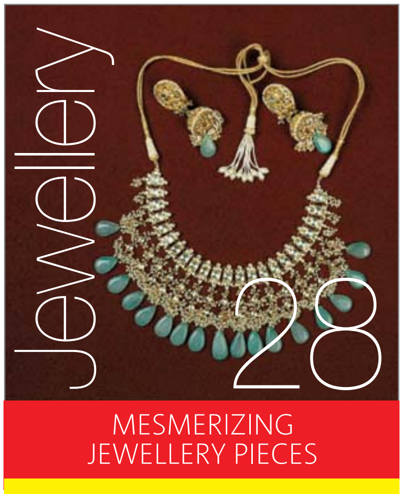

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***Cover courtesy:***
Sharat Chandra

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# EDITORIAL

## Clear And Present Danger: Government Scared of Opinion, Rants And Raves?

Seemingly there are 7 points to ponder over as to why the government has resorted to using the stick of law to control media, social media at first and the rest of them later. Here is a list of the seven points, good to ponder over in the present circumstance, citing a hidden fact that the first application to control these media was moved only by a BJP activist way back, to control them for jurisdiction of taxes, and revenues generated in India. Now since that has not worked hence there is this tussle to control them on the editorial front, consequently to squeeze their revenue and make them sing BJP tunes. Read BJP backed by its central government.

1. PM Modi quit Twitter a long time back. The account was given to some social organization to run and benefit from it. It appears that BJP has outlived the use of social media, for now. Politically it is Twitter which works best for all politicians. Hence it is only logical that PM Modi bans the other Twitter accounts so as to gain sole supremacy on opinion and anti-opinion. During the last general election BJP had the largest social media team, ever recorded in history of a democracy to fight and win elections.

Woman's era
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2. UP elections and that of three more states are on the anvil. Any controversial opinion being floated on social media would definitely hamper the political campaign of BJP. After widespread losses in Bengal, and no other wins which were expected in states like Tamil Nadu, BJP must be introspective as to what went wrong, pointing that one of them being live social media accounts that tell-tale everything, during a political campaign. Threatening the media is the best option to control it.

3. The present second wave had its genesis in the Bengal elections and in the MahaKumbh. If that was only spread by social media, it is only logical to ban it for further loss of grace during the UP campaigning. This motive is other than point number two here, since this is related to the Covid crisis.

4. In the run-up to the elections of the four states, BJP will definitely have a sweet deal with the farmer leaders. They will either be paid off or they will be silenced, and instigated to lend a helping hand in the campaign. It will not be imaginative to think that former leaders with their personal large land banks will end up backing Modi and Yogi in the final run-up to the UP elections. After all they have a lot at stake financially, socially and of course politically.

5. Once you ban a certain sect of media, or journalists, or create an upheaval in the journalistic world either at the right level or at the owner level, one tends to start controlling that medium. All over the world it is a given that the journalists are either set to order, or put to jail if they don't mend their ways. By threatening the biggest and widespread media, which is at the moment prevalent in India, BJP automatically would control the rest of the media.

It can be termed as a top-bottom approach and works well across the world in the short term, till the use of media again comes to the pleasure of the ruling party. Even during the Emergency, by Indira Gandhi, many journalists and press owners were put to jail or threatened with dire consequences. So it is no different that BJP may use the same tactic. After all, the government is all powerful, and there is nothing in the law, either in the criminal or in the civil code of conduct, which prevents questioning the media, or its writer or his pen.

6. In the run-up to the ban or post-censorship on media, social media, it will act out thus: A few tweets or posts will be inspected, notices will be raised, some cases will be fought, some judicial pronouncements will be made that will calm the situation, and then the political campaigning will keep going on. Post censorship will die its own death after a few cases are fought and after there is an equal mudslinging between the government, the journalists and the companies which run the media. The tactic of post censorship has never worked in any country or democracy. It has only come to haunt the imposter by leaps and bounds. Even today without the 25thMay 2021 dictate, the Post censorship exists against the Indian media but is usually not practiced. The view of political parties is that one day they may sit in the opposition or in power, hence keep the media on its side.

7. Finally to say, that this move of the government may only be limited to one tweet or one incident, could also not be far-fetched from the looks of it, though the government may want to control a lot of media at this moment since it has already seen a string of defeats at policy levels. Importantly, a post-censorship ban or a post-audit of media, starting with social media may also be interpreted as something big to come from the Modi government in the coming days which is akin to demonetization and GST.

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## Who is right. Who is wrong. The new IT regulation on media, social media.

For once the law minister seems to be right, in action and in comments.

He is right in his view that the companies operating in India, originating in foreign land ought to be taxed and accountable in India. Where seemingly two applications now pending with the quotes, one from WhatsApp, and the other from the Government of India against Twitter. In a plain reading of these applications, there is no judgement, which the Hon'ble High Court may make in these larger scheme of things. Both applications tend to re-establish the law of the land, whereas it is already established in so many various cases, fought over constitutional agendas wherein rights of foreign companies operating in India have been adjudged. A complete reading of the Idea-Vodafone matter of tax refund and taxation is a clear point in view. And that was culminated between two different governments of the Congress and the BJP.

As mentioned in my earlier Edits, proceeding this one, the Government does want to control the media, and there is no harm in some sort of a control as long as it is within the constitutional rights of people. Further, as India progresses and becomes a more vibrant democracy it will be exploited by foreign media companies for revenue. Many years back an eminent lawyer, and a personal friend, filed an PIL, which conclusively spoke about the same matter as he is going on now. There is a link between taxation and social accountability. However that application spoke more of taxation. But now it has to be linked with editorial accountability. Most of the revenue that is billed by advertising on Facebook and Google is remitted from Ireland to the Indian websites. It is only Government action based on these applications as mentioned here that the GST is now charged on the revenue being made in India. However this is just a start and the government may look into equity participation of the entity, which are operating as media companies in India since the level of equity participation of a foreign company in newspapers and magazines is restricted by the Parliament.

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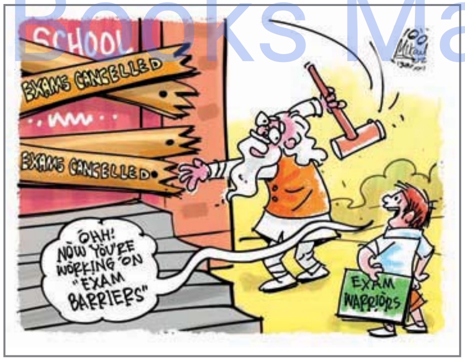

*Cartoon: Mika Azizi*

## Masterstroke by Modi. Cancellation of CBSE board exams for the 12th class.

On a lighter note the students were of the view that PM Modi has gathered all the votes of 18+ and the votes of their parents running into many crores by the announcement. The cancellation of board exams being announced by PM Modi himself, while the education minister Mr Pokhriyal, admitted in AIIMS, new Delhi, being treated for Covid, maybe said to be another Modi masterstroke. PM Modi has been caught off guard this time around. Unable to open the Parliament and most of the country, he is compelled to cancel the exams. At the present time most of the southern states of India are reeling under heavy infection, there have been losses in life in many families and the ecosystem for peaceful education seems to have been demolished.

On the lighter note, if boards were not cancelled Indians would have criticized for not caring enough about lives of young students. Now when boards have been cancelled there is criticism that its done to enhance the vote bank. Seriously speaking it is a great decision on restoring health crisis and the spread of Covid virus, and the next general election is too far off. However as was expected, it will devastatingly impact future careers of turned 18+ population. Students now may have to answer their educators and employers for the validity of subject marks allotted. Marks have not been obtained. India may shall now have a 99% marks result for all reasonably good students making the eligibility and furtherance of higher education very complicated. Further the students will have to be botched with the issue that these marks have been allotted and not obtained for the rest of their working life. Going forward the students may exercise two option:. First, to appear for higher education competitive exams which brings out the merit in them. Two, to get into the young peoples' career by quickly secure a job, and then complete their education at a later stage, when the Covid crisis may have thinned down.

Consequent to the cancellation of CBSE board exams, the higher education institutions will be at a stress, to solve the puzzle of how to enrol 12th class graduated students. This is in light of the fact that CBSE board itself may become defunct in a few years, and the board exams are to be conducted by individual state boards.

This decision pre-empts the process of change in central education all over India, but complicates intake enrolment, which is dependent upon reservation policy and related judgements as prescribed under law in education and that India is a union for the process of education. The only recourse remains, each higher education institution, conducting their own entrance exams. And that is a very laborious, complicated process.

Since the present Covid crisis is not going to go away anytime soon, it makes sense for students to evaluate an equivalent of board exam, which takes away the blame whether the marks were allotted to them or obtained by them in 2021.

*editor@womansera.com*

# A
# tribute to the founder

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# CINEPLEX

## Abhishek Bachchan Talks About Aishwarya Rai Making Aaradhya Aware Of Her Privilege, "She Knows Her Dada, Dadi, Mom, and Dad Are Actors"

Abhishek Bachchan and Aishwarya Rai are a power couple and a happy family together. It's been over 10 years that the two got married and are a happy family with their daughter Aaradhya Bachchan. While the Bachchan family is one of the biggest families in the Bollywood Industry, it is not easy to carry that surname as it has a very big reputation. During a conversation with RJ Siddharth Khannan, Abhishek Bachchan talked about how Aishwarya Rai has trained Aaradhya nicely, and that she is aware of the privileges, and knows that the Bachchan family enjoys the love and respect of so many million people. "She (Aishwarya Rai Bachchan) made Aaradhya very aware of the family that she came from, from when she was a newborn baby.

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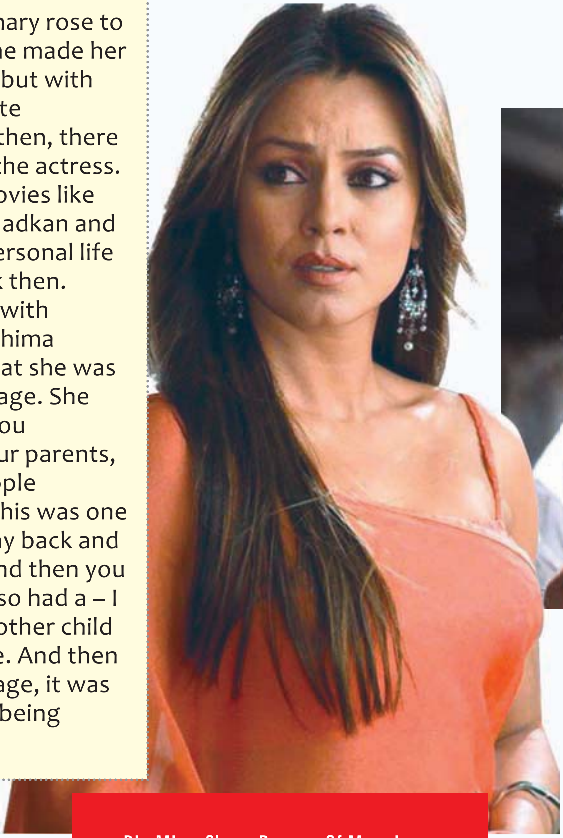
## Ram Gopal Verma Is Planning A Film On Sushant Sing Rajput While Supporting Rhea Chakraborty

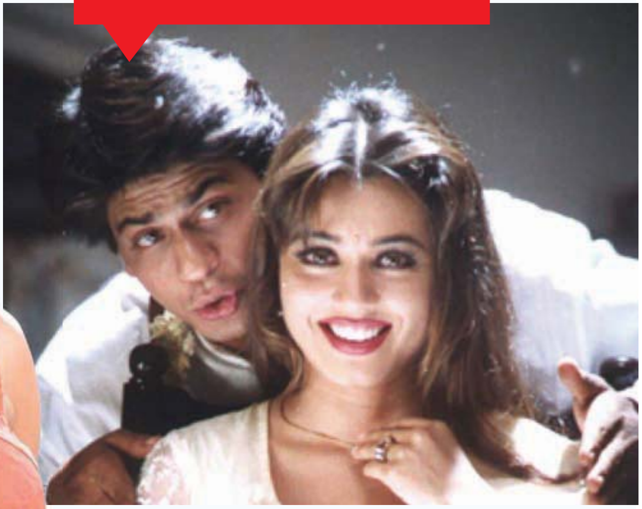
Bollywood actor's Sushant Singh Rajput suicide led to many controversies where the emphasis turned from nepotism to drugs in Bollywood Industry. In the meantime, the media went on to a witch hunt of the actress Rhea Chakraborty and many allegations were made against her. In the ongoing process, Ram Gopal Verma was one of the actress's supporters when people were on to takedowns. He courageously slammed the media trial on a witch hunt via tweet. He called out the social media platforms a circus that makes a lot of noise and then forgets.

# FROM BOLLYWOOD...

### Mahima Chaudhary Opens Up On Have Two Miscarriages And Her Divorce, "You Don't Tell Your Parents"

Mahima Chaudhary rose to fame when she made her Bollywood debut with the film Pardes opposite Shahrukh Khan. Since then, there is no looking back for the actress. Later, she did many movies like Dil Kya Kaare, Lajja, Dhadkan and more. However, her personal life wasn't going well back then. During a conversation with Bollywood Bubble, Mahima Chaudhary revealed that she was not happy in her marriage. She was quoted saying, "You obviously don't tell your parents, you don't tell your people because you feel 'oh, this was one issue' and then you stay back and then one more issue and then you stay back and then I also had a – I was also expecting another child and I had a miscarriage. And then I had another miscarriage, it was all because of you not being happy in that space.





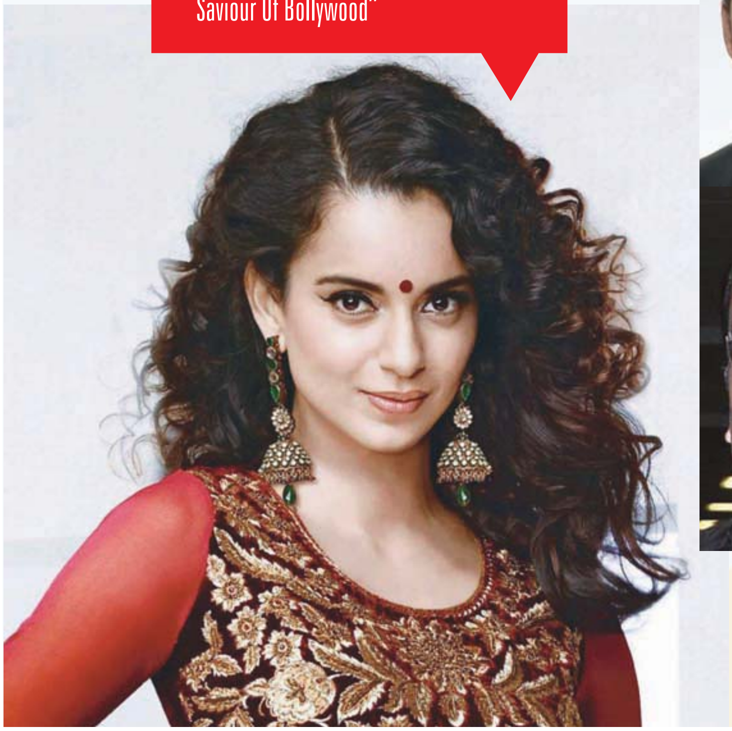
### Dia Mirza Slams Rumors Of Marrying Vaibhav Rekhi Due To Pregnancy, "We Didn't Announce It Until It Was Safe"

On 15th February, actress Dia Mirza tied the knot with Mumbai-based businessman Vaibhav Rekhi. The photos and videos from the wedding went viral on the internet and left fans gushing. The wedding was an intimate affair with only close family members and friends seen in attendance. Earlier this week, the actress took to her Instagram handle to announce that she is expecting a baby. While many congratulated the actress, a section of netizens started questioning the actress about getting pregnant just after 2 months of marriage. Why can't women get pregnant before marriage?" Replying to the user, Dia wrote, "Interesting question. Firstly, we didn't marry because we were having a baby together. We were already marrying as we wanted to spend our lives together. We discovered we were going to have a baby while we were planning our wedding. So this marriage is not the result of pregnancy."

## Somy Ali Reveals Traumatic Bollywood Experience; Claims, 'A Couple Of Directors Tried To Have Sex With Me'.

Somy Ali is a Pakistani-born American actress who worked in the Bollywood industry. She is also a writer and film-maker and activist who runs an organization named No More Tears. Unlike other outsiders, Somy Ali's talent got recognition and love from the industry. She has been a huge sensation from her major hits such as Krishan Avtaar, Yaar Gaddar, Anth and more. She revealed in her interview, "A couple of directors tried to have sex with me, due to this my experiences with Bollywood are like nightmares. Moreover when asked about her plans on working with Bollywood again, she said No. I did not have an interest then nor do I have any now. I was a complete misfit there."

## Kangana Ranaut Calls Out Bollywood Biggies Karan Johar And Aditya Chopra, "Thekedars Are Hiding And She's The Saviour Of Bollywood"

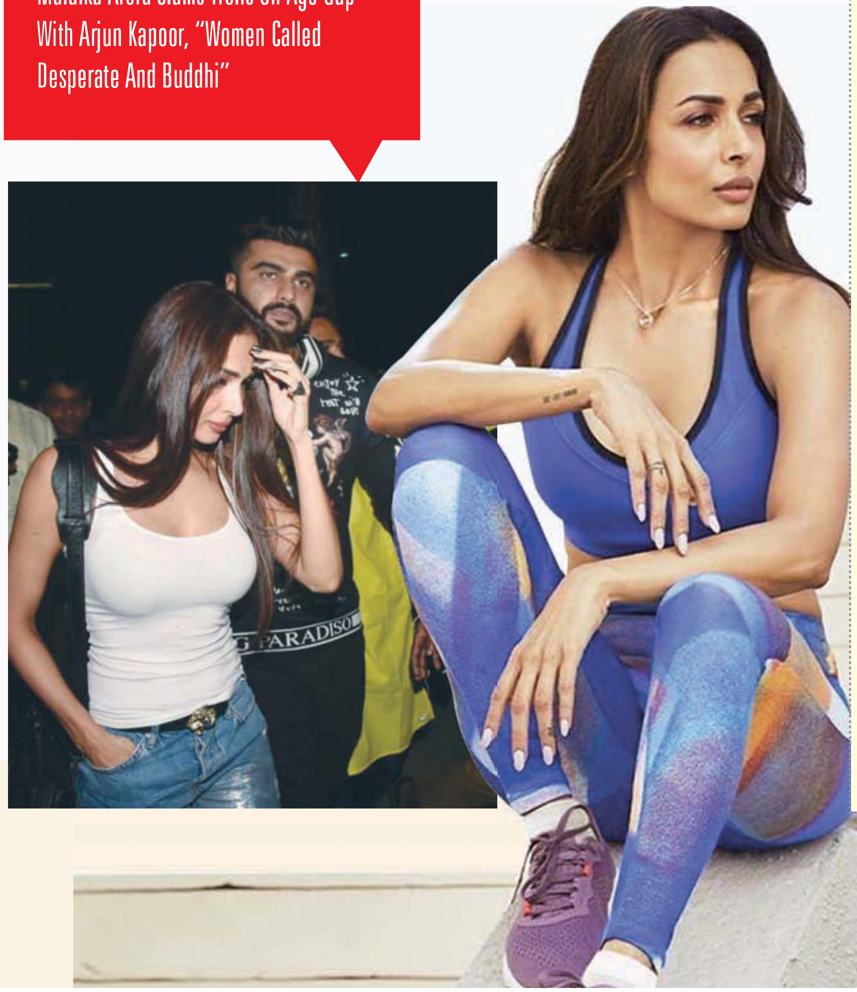


Kangana Ranaut is in news lately for her upcoming film Thalaivi. But more than that, she is in controversies for her tweets. She has been calling out Bollywood biggies for nepotism and being silent on various important matters. Her latest tweet calls out Bollywood's biggest movie makers Karan Johar and Aditya Chopra. Taking to her Twitter handle she wrote, "They did everything to throw me out of the industry, ganged up, harassed me today Bollywood ke thekedaars Karan Johar and Aadiya Chopra are hiding, all big heroes are hiding but Kangana Ranaut with her team coming with 100cr budget film to save Bollywood,"

## Fardeen Khan Gets A Massive Transformation After Being Trolled And Body-Shamed

Bollywood actor Fardeen Khan, who has been away from Showbiz for a long time, was recently spotted in Mumbai by the paparazzi as he stepped out. But, it was his body shape that caught the eyeballs of his fans. In an interview with ETimes, Fardeen revealed that he lost 18 kg in six months. "I wanted to physically feel 25. As you grow older, body degeneration catches up with you. I wanted to feel very, very good again. You need to think about it as a body-mind connection. I came across this in some reading I was doing. I started eating right and healthy, coupled it with correct workouts. I have lost 18 kg in the last six months, but 35 per cent journey is yet to go in this aspect. In the work that we do in our industry, you are expected to look your best and you indeed want to look your best," he said.

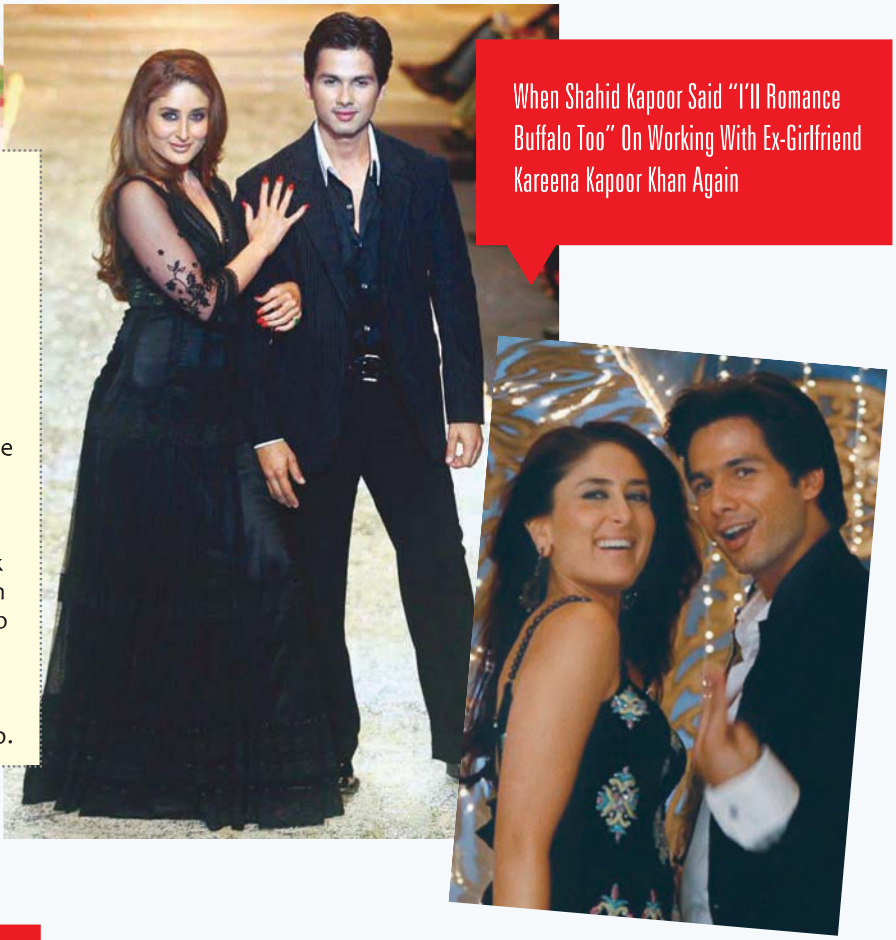
## Malaika Arora Slams Trolls On Age Gap With Arjun Kapoor, "Women Called Desperate And Buddhi"



Love is all about being together and it doesn't need any validation from law or society. If two people are in love and are happy with the way things are, they don't need a stamp to be together. And that's what Arjun Kapoor and his girlfriend Malaika Arora believe right now. The two have been dating for some time and despite so many rumors of them having married, they two are committed yet very much unmarried. While their fans couldn't be happier to see this Bollywood couple enjoying the company of each other, a section of netizens have a problem with the fact that Arjun is 11 years younger than Malaika. She said, "Unfortunately, we live in a society that refuses to progress with time. An older man romancing a younger girl is hailed everywhere, but when the woman is older, she's called 'desperate' and a 'buddhi'. For people who think like this, I have just one line: Take a flying f***."

## When Shahid Kapoor Said "I'll Romance Buffalo Too" On Working With Ex-Girlfriend Kareena Kapoor Khan Again

Shahid Kapoor and Kareena Kapoor were one of the hottest couples of the b-town. Both of them were head over heels for each other but unfortunately, the couple broke up after quite some time for the reasons best known to them, except for the fact that it happened during the shoot of the film. At the time, Shahid was asked about collaborating with Kareena again. To which, he had responded, "I would like to work with her again." "I feel that as an actor if my producer wants me to romance with a cow or a buffalo also, I'll do it because that's my job," Shahid said on Zee News' celebrity chat show Kahiye Janab.

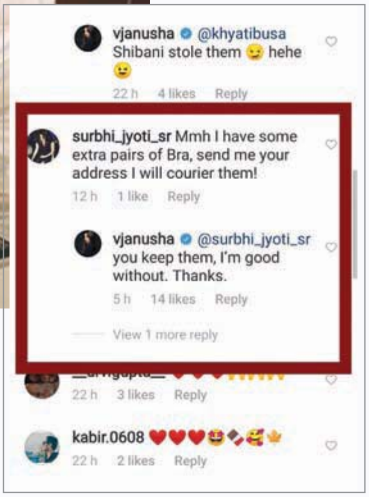


## Shahid Kapoor's Mom Neelima Azeem Talks About Impulsive Choices Impacting Her Sons' Decisions

Neliima Azeem first married Pankaj Kapur in 1979 and both of them separated ways in 1984. Neliima and Pankaj Kapur welcomed Shahid Kapoor in 1981. Neliima later married Rajesh Khatter in 1991 and in 2001 the couple separated after Ishaan was born in 1995. Later, Neliima married Raza Ali Khan in 2004 but she once again decided to end their marriage in 2009. Whereas, her ex-husbands, Pankaj and Rakesh moved on and married their lovers. Recently, Neliima opened up about her kids learning a few things from her own life. She talked about how after seeing her take certain choices and then not having it work out, her kids Shahid and Ishaan Khatter must have learnt from them.

## Anusha Dandekar Shuts Down Troll Who Wants To Send Her A Bra, "I'm Good Without It"

Anusha Dandekar Is a sassy lady who has been in the limelight recently for her personal life. She was in a long-term relationship with Karan Kundra and together the two schooled many on love relations. However, recently, the two parted ways and now Anusha seems to be on a road to self-love but has also found her love interest in Jason Shah. However, no matter what is happening with her love life, her sass has been undeterred. Recently, she posted a picture where she was seen without a bra, and obviously, it attracted some trolling but she certainly knows how to shut them.



**vjanusha** @khyatibusa Shibani stole them 😉 hehe 😜

22 h 4 likes Reply

**surbhi_jyoti_sr** Mmh I have some extra pairs of Bra, send me your address I will courier them!

12 h 1 like Reply

**vjanusha** @surbhi_jyoti_sr you keep them, I'm good without. Thanks.

5 h 14 likes Reply

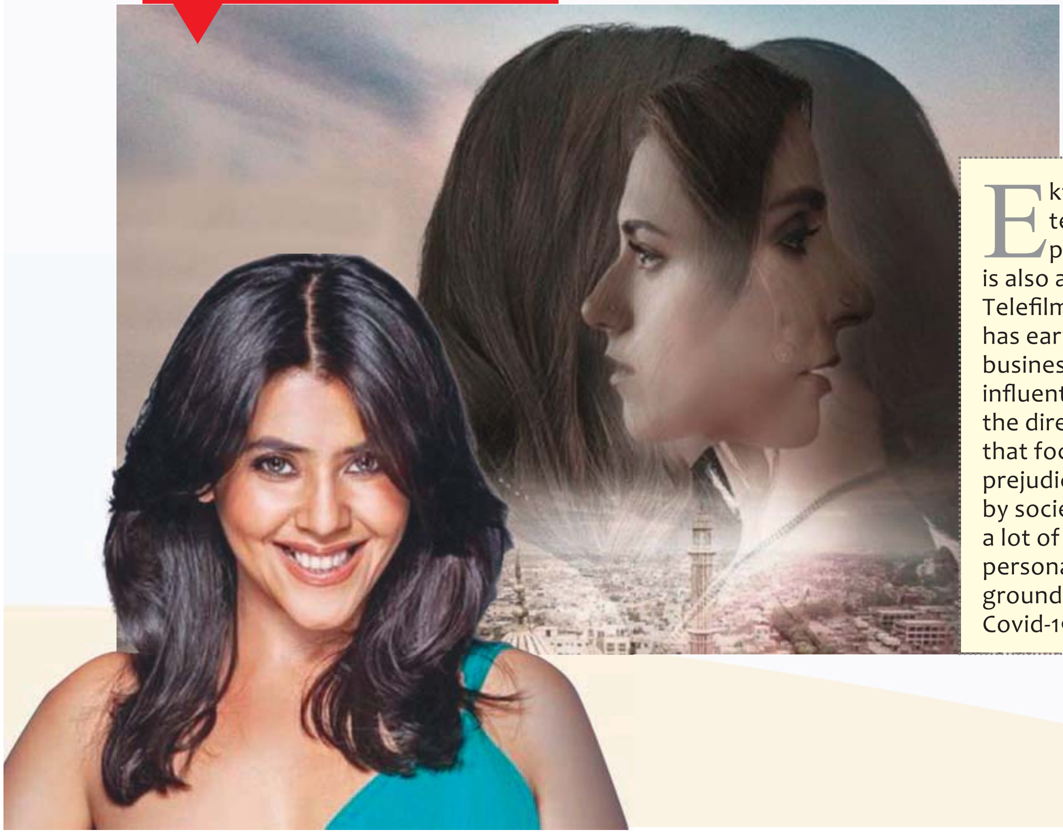
View 1 more reply

22 h 3 likes Reply

**kabir.0608** ❤️❤️❤️🤩🍫🥰👑

22 h 2 likes Reply

## Ekta Kapoor Discusses Lesbian Women's Under-Representation



Ekta Kapoor is an Indian television and film producer and director. She is also a creative head in Balaji Telefilms Limited. The director has earmarked as a businesswoman and has been influential for many. Currently, the director is working on a show that focuses on disregarding prejudices and taboos imposed by society. The director has put in a lot of effort as she has personally promoted through on-ground events following the Covid-19 protocols.

# Relationships of Generation Z

## Is the virtual world replacing real-life relationships?

By A. Kartikeyan

The free social networking sites like Facebook, Twitter and WhatsApp have given people a new way to connect with old flames or 'casually' meet someone new. Be it your high school crushes, college sweethearts or former lovers – all are easily found on the social media with one click. Many individuals use these sites merely to flirt or window shop, not deeming that it can lead to something more intimate. However, the conversations gradually become intense, and even flirty, particularly if intimacy was once shared in the past.

Gen Z avoids committed relationships, prefers casual hookups. Many young people are now experiencing their first "romantic" relationship on their phones. Teenage couples begin texting each other intimately and voraciously often before they are even friends, texting things to each other that they would never (ever) say in person. Having a real-life relationship with your boyfriend is no longer a prerequisite for having a virtual relationship with him.

The pseudo intimacy of the texting relationship preempts real intimacy, which then creates a divide that is difficult to cross. The virtual romance happens at a pace and rhythm and with a hipness and ease that has little to do with real life romance or, for that matter, the emotional maturity of teenagers. This is not just a young person's issue.

I wonder, will the gap between our virtual and real life relationships grow so wide that we will opt to give up real life relationships altogether. Will there come a time when we no longer even pretend to want or need face to face interaction? With the help of procreation technology, will future generations consider romance and courtship to be activities that happen entirely inside their devices?

Often considered to be entitled, dependent and lacking real-life skills, these youth also display considerable resilience and creativity. This adaptive flair extends to their navigation of sexuality and relationships, which are in flux stemming from factors like digital dating practices, lower marriage rates and rising income inequality.

**MANY YOUNG PEOPLE ARE NOW EXPERIENCING THEIR FIRST "ROMANTIC" RELATIONSHIP ON THEIR PHONES. TEENAGE COUPLES BEGIN TEXTING EACH OTHER INTIMATELY** AND VORACIOUSLY OFTEN BEFORE THEY ARE EVEN FRIENDS, TEXTING THINGS TO EACH OTHER THAT THEY WOULD NEVER (EVER) SAY IN PERSON.

What about their sex lives? Sometimes described by popular news media as the hyper-sexual "hookup generation," other news outlets explain that this generation is less sexed than previous youth cohorts because they have fewer partners.

In the time of smart phones and internet, where the world has become a global village, virtual relationships have become very common. We normally come across news articles on people who met on the internet and end up getting married and we also come across articles about cyber-crimes.

How virtual relationships end depends on us, crime or love; it's all about how careful we are. It is the physical presence that provides relational, psychological and physiological effects on people which virtual relationships cannot provide. Our thinking changes in the presence of another person and their behaviour.

What does 'I love you' mean in a virtual relationship? What do you love? How do you love a person you don't even know properly is the biggest question here and how in today's time we trust our 'vibes' or 'instinct' and learn that being physically present can speak the unspoken? We

# 1 in 2 women in India have Anaemia

## Iron Deficiency Anemia- symptoms and causes.

The persistently high level of anemia among Indian women continues to be a major health concern, according to National Family Health Survey (2015-2016) 53% of all women have anemia. Anaemia is one of the most common nutritional deficiency disorders affecting the pregnant women and the second most common cause of maternal deaths in India (contributes to 80% maternal mortality in South East Asia).

### What is anemia?

Anemia is a condition in which the body lacks enough healthy red blood cells to carry adequate oxygen throughout the body. Red blood cells contain haemoglobin which enables them to carry oxygen from the lungs to all parts of the body and to carry carbon dioxide from other parts of the body to be exhaled via the lungs. According to WHO anaemia among women is defined as a haemoglobin concentration of <120g/L for non-pregnant women aged 15 years and above and a concentration of <110 g/L for pregnant women. To produce enough haemoglobin and red blood cells, our body needs iron, vitamin B12, vitamin B9 (folate), and other nutrients from the foods we consume. Iron is a key component of haemoglobin, and iron deficiency is estimated to be responsible for half of all anaemia globally.

### Identifying the symptoms

It's alarming that many women for a long time do not realise that they are at the risk or that the disorder is already in progress. It's easy to ignore or confuse because the most common symptom of anaemia is fatigue. Other common symptoms include Hair loss, headaches, breathlessness, pale skin, brittle nails, irregular heartbeat, and coldness in hands and feet.

### Different Types

Do you know there are 400 different types of anaemia? It can be temporary or long term and can range from mild to severe. In India, Iron and vitamin deficiency anaemia are more prevalent. Iron deficiency anaemia is caused by low level of iron in the body. A diet lacking in vitamin B12 and B9 hampers the production of healthy red blood cells and causes vitamin deficiency anaemia.

### Risk Factors

These factors place you at increased risk of anaemia:

- Not including enough iron rich foods in diet.
- Women of child-bearing age are at greater risk due to blood loss during menstruation.
- Pregnant women need extra iron to nourish the growing body.
- Chronic conditions such as cancer, kidney failure, diabetes can lead to a shortage of red blood cells.
- Excessive consumption of coffee, tea and alcohol interferes with the absorption of iron.

### Prevention

According to ICMR 2010, the Recommended Dietary Allowance (RDA) of iron for a sedentary woman is 21mg/day, for pregnant women is 35mg/day and it is 21mg/ day for a lactating woman. This daily requirement can be achieved through both intake of iron rich foods and supplements.

**Iron rich foods** like broccoli, dates, iron-fortified cereals, dark green leafy vegetables, and meats etc. helps increase haemoglobin level. **Folate and Vitamin B12** rich foods like green peas, peanuts, chickpeas, dairy products, for, soy products and meat help increase healthy red blood cells. **Vitamin C** rich foods like citrus fruits and juices, peppers, tomatoes, melons and strawberries help increase iron absorption.

### Letter from CEO's desk

*I have always heard and been astonished by the strength and conviction that women we know show in life, be it in our family. our friend's circle or even through the new medium. Though women have a higher life expectancy than men, they face a lot of health issues like breast cancer, arthritis, diabetes, heart disease, obesity, depression, etc. What makes it an important fact for all of us is the insight that the woman on the average puts her family first and do not take enough care about their health. There is generally a focus on women's health only during pregnancy and the postpartum period. Besides mortality, Indian women face multiple health issues contributing to their ill health.*

*Anaemia and under nutrition in women are such conditions and more prevalent in our country till date. According to the National Family Health Survey, 53% of non-pregnant women in the age group between 15 - 49 yrs are anaemic and 50% of pregnant women are anaemic in the same age group. Anaemia is a condition occurring when the blood cell concentration is less or the inability of blood cells to carry oxygen to the body. This makes the person feel tired often, have shortness of breath, frequent headaches, pale skin and there is also a tendency is to overlook these symptoms and carry on with their lives. In reality, Anaemia can be overcome by intake of foods and supplements rich in Iron and vitamins contents. As responsible citizens of this nation, it is every individual's duty to make the women of our country hale and hearty and free from anaemia.*

*SHFPL (Manna), being a Millets and Multigrain Nutrition foods company with a vision of wholesome health and nutrition for every Indian, have taken up the opportunity to battle this serious condition with the launch of our new multigrain instant health drink Manna iStrong, fortified with iron, targeting women of our nation.*

*Manna iStrong is a specially formulated women's health drink with fortified micronutrients, delivering 100% RDA of key nutrients for functions like Stamina & Healthy blood, stronger bones, healthy skin, and sustained energy & metabolism. The USP of our product is the "Iron lock" formula which is substantiated by 100% RDA of Iron and vitamins like Vitamins C, B9 and B12 as these nutrients play a key role of making our blood cells healthy and increasing haemoglobin levels.*

Manna istrong is available online on Amazon and Flipkart and soon will be available in all leading stores.

Manna
iStrong
Women's health drink
CARAMEL
IRON FORTIFIED
IRON LOCK
INSTANT
200g

# Evolution of A Relationship

## First date impressions are more accurate.

By Dr. Sanjay Teotia

First dates are a typically inadvertent event where two people spend time alone with it ending with either a clear indication or expression of romantic interest. A first date is a type of initial meeting between two individuals, whether or not previously acquainted, where an effort is made to ask about each other and know if they can be together in a relationship, plan and organize some sort of romantic activity, with the aim of finding a romantic or sexual partner for a short period, to finding a long term spouse. Dating can vary between cultures, lifestyles, religions, gender, and sexual orientation. In many countries and cultures, it is the process that romantic relationships are developed future spouses are found. Some people go on first dates to evaluate a person's potential as a sexual partner.

A new study by researchers suggests that people can rely on first impressions to an accurate impression of an individual on a first date is important because people often rely on these impressions in deciding whether to pursue a romantic relationship. During the date, each participant can evaluate the compatibility of the other person and get the opportunity to screen out individuals who engage in behaviour that a person does not prefer. First dates need two things – a chance to get to know each other and some energy.

## Be You

Sometimes, it's hard to come up with novel and interesting first-date ideas. Minimize first date anxiety by doing a fun activity together. Establishing that you have one shared interest or passion in common is a great foundation for the start of a relationship. You should not kiss on the first date or they will think you are not looking for anything serious. You should kiss on the first date or else they will think you are not interested.

## Give Your Best

You should kiss on the first date but only a light peck, not a full-on makeout sesh. You should kiss on the first date but only at the end of the date, not in the beginning or middle. You can make a good impression on a first date by picking an interesting restaurant and activity, dress well, arrive on time, remember your table manners, be confident and positive, move beyond small talk, but don't interview your date, make eye contact and use your date's name. As the saying goes, you only get one chance to make a good first impression. That's why when you are going on a date, it's important to present your best self to make sure that things go well.

## Fuel the Fires of Attraction

As long as you are polite and considerate, show an interest in your date, and make sure that they are enjoying themselves, you are almost guaranteed to fuel the fires of attraction and score the opportunity of a second date. Signs of a good first date are you feel like you can be your honest self, you know what you are looking for and they meet those standards, you get the impression that they are really happy with their life, they seem genuinely interested in you and your life, they treat everyone kindly. Don't be afraid of being different; be afraid of being the same as everyone else.

The first date should be casual rather than a big production; it should be a time where you get to know the other person by talking to them about their life and experiences. A setting that has a fairly low noise level is a good idea so that conversation can flow smoothly. Male desires are not complicated, just misunderstood. Instincts are powerful drivers of human behavior and this is especially true for how men approach their relationships.

## Talk About Yourself

Talk about yourself as who you are today in the present and the values and goals you have for yourself in the future. There are many possible outcomes on the conclusion of a first date. The two individuals may agree to a second date. One or both parties may decide that there were compatibility issues and decide not to pursue further dates.

> **SOME FIRST DATES MAY LEAD TO A ROMANTIC RELATIONSHIP THAT CAN RANGE IN DURATION FROM A SHORT PERIOD TO A LONG PERIOD. THINGS WOMEN EXPECT ON A** FIRST DATE ARE TO GO THE EXTRA MILE OR TWO. IF YOU GREET HER WITH A RED ROSE AND A SMILE YOU ARE SURE TO GET A WARM RESPONSE, BE POLITE, NOT PUSHY.

## Be Polite

Compatibility factors vary a great deal and can include religion, whether or not a person uses drugs or alcohol, appearance, or personality. Alternatively, the two parties may decide to become friends or some other type of platonic relationship (a non-sexual relationship). Some first dates may lead to a romantic relationship that can range in duration from a short period to a long period. Things women expect on a first date are to go the extra mile or two. If you greet her with a red rose and a smile you are sure to get a warm response, be polite, not pushy.

## Leave an Impression

She may not tell you that etiquette is a priority but be sure that she's keeping an eye on what you are and perhaps more importantly, what you are not doing, be complimentary. Landing yourself a first date is only the first step in securing a smooth transition into an eventful and exciting night. A first date is about an impression. A woman wants to feel that the man she's with has not only thought about the date but also prepared accordingly. Let me help you decipher her unspoken expectations for the evening and what she wants you to do but would never actually say.

## The key is creativity

She will be impressed if you have shown that you not only got her something but that you thought about her while doing it. Do offer to open the door for her but if she insists on doing it herself, be sure and let her. Many men forget to notice and compliment their date's appearance. There must be something about her outfit, her hair, or the way she smells that you like. You can rest assured that she's spent a good portion of her time primping and preparing for this first date and it's important that you acknowledge her efforts.

## Deal With It

Your intentions might be to keep the conversation flowing but please avoid getting into a monologue mode. You must be confident. But it's also important not to blur the line between being assertive and aggressive while interacting with her, as well as those who might even prove to be allies on your first date. When dealing with your waiter, she had preferred you be courteous than cantankerous. If the movie you both wanted to see is sold out, try and take it in good humor rather than going ballistic.

## Play Your Cards Right

Seeing her to her door will no doubt get you further than the front door. But give her the option to welcome you in by taking it one step at a time. Offering a polite end to a wonderful evening just leaves her wanting more. And if you have played your cards right, she will be wanting more than just this one date anyway.

> **THE FIRST DATE WITH SOMEONE YOU KNOW LITTLE OR NOTHING ABOUT IS FULL OF UNCERTAINTY. INSTEAD, KEEP THINGS SHORT AND SIMPLE.** A CUP OF COFFEE IN A CENTRAL LOCATION WILL MAKE IT CLEAR FAST IF YOUR DATE IS SOMEONE YOU WOULD LIKE TO SPEND MORE TIME WITH.

## Go For a Coffee Date

The good news is that, with the right strategy, you can avoid some of the more common pitfalls and anxieties. The first date with someone you know little or nothing about is full of uncertainty. Don't make things more complicated by trying to arrange the perfect romantic dinner or planning a whole day out. Instead, keep things short and simple. A cup of coffee in a central location will make it clear fast if your date is someone you would like to spend more time with.

## Don't Make Your Date Uncomfortable

And if things go well, the coffee could turn into a lunch or dinner, adding some spontaneity into the mix. A bit of anxiety is natural on a first date, in fact, it's half the fun. But you will want to eliminate the kind of stress that will make you flustered and your date uncomfortable. Remember, the more relaxed you feel, the more comfortable your date will be around you. One simple trick is to sit at the right angle to your date rather than face them directly. This takes the pressure off trying to fill every pause in the conversation and you can both do a bit of people-watching instead. The conversation might have started on an app or a website but it should not stay there for too long.

## Communication Is the Key

Texting can certainly give you a sense of another person but to really get to know each other, you need more than messages on a screen, facial expressions, body language, and tone of voice are just as important. So doesn't waste time on a virtual relationship go out there and meet the real person behind the words. Another way to boost your confidence is to do a bit of power posing in advance. This means standing for a few minutes in an assertive posture, with hands-on-hips (think of a superhero) to trick the brain into feeling more confident. Just don't do it on the date itself, or you will look ridiculous. We all love to talk about ourselves but don't assume your date finds you as interesting as you do. Making it all about you sends the wrong signals. On the other hand, you can't just leave all the talking to your date, that's also a recipe for failure.

## First impression counts

It only takes a few seconds for someone to form an opinion about you based on your appearance and demeanor. A great way to make a positive first impression is to smile. Smiling is one of the habits of likable people, a sign of happiness and trainable skill. By smiling more, not only will you start feeling better, but you will also project some of that positivity onto those around you. It's all about those good vibes. Also, take some time to dress well but stay true to your usual style and dress appropriately for the occasion.

# Friends for Life

## The friendship-happiness link for teens.

By M. Vinayak

We all know that having good friends makes us happier. But scientists have put this feeling to the test. Hence, a large body of research examines teens and friendship. As a result, the evidence shows that teen friendship is linked with psychological well-being.

As children enter adolescence, teen friendships become increasingly important. In fact, parents sometimes feel ignored or abandoned by their children in favor of friendships. Why would it be natural to turn toward your peers as an adolescent? Because that's on whom you're going to depend on when you leave home. Often, in the wild, a mammal without an adolescent peer group is as good as dead. So connecting with a peer group can feel like a matter of survival.

Not all teen friendships last forever. People change as they mature, and therefore they may grow apart. Parents can encourage teens to think about the qualities that are important to them in a relationship. Friendships are more likely to last when teens have similar values and priorities, and want the same things out of the relationship.

The best teen friendships allow teenagers to speak honestly and openly about how they are feeling. Moreover, they can do so without fear of being judged or insulted. This kind of authentic connection will support them during adolescence and beyond.

In addition, teen friendship is so important that going without it hurts—literally. Thus, kids being left out feel the rejection deeply. Hence, "I feel left out" is one of the worst things a parent can hear. As technology makes it increasingly easy to build a social network of superficial friends, focusing time and attention on cultivating close connections with a few individuals should be a priority.

In adolescence, teen friends are often more important than adults in helping teenagers move past difficult situations. Hence, they looked at the reactions of teens who were alone or with adults after a stressful event. In addition, they observed the reactions of teens who were with friends or communicating online with friends immediately following such an event. Especially relevant, parents should avoid judging their teenagers' friends. The more accepting they can be, the better. The priority is to maintain closeness and communication between parents and teens. Therefore, knowing their friends and respecting their friendships is key.

In conclusion, teen friendships matter—a lot. They're a huge part of growing into adulthood. But no matter how important their friends are, the significance of teen relationships with parents can never be underestimated.

## Leading Fashion and Glamour Photographer

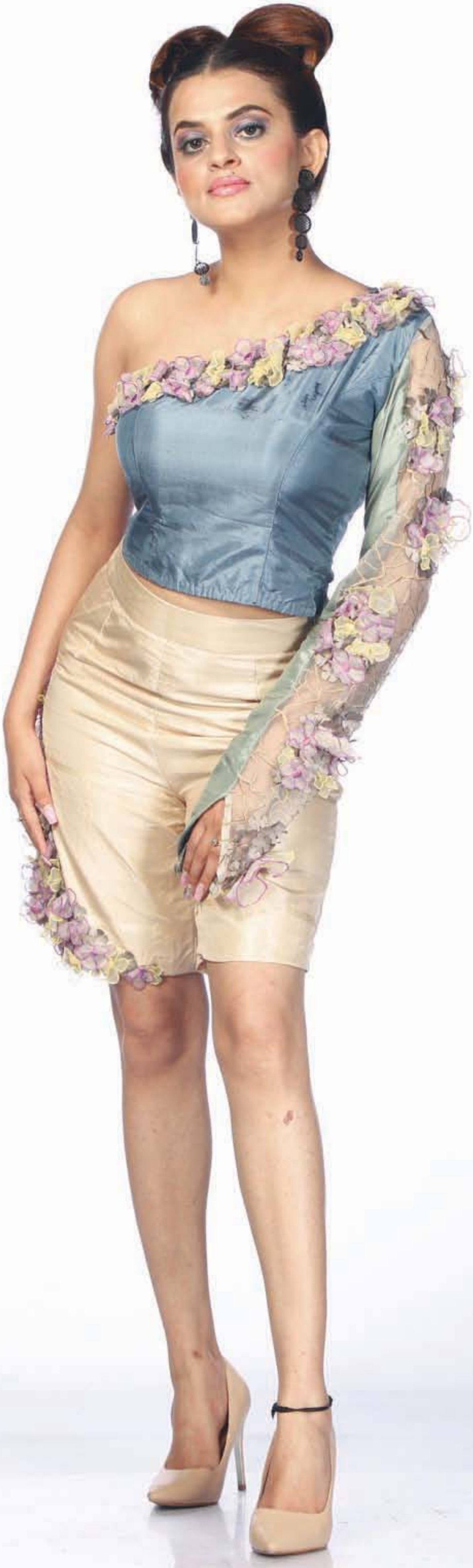
Sharat Chandra is a fashion and glamour photographer and film producer from Mumbai. He has shot many fashion brands and editorials. He has developed an individual style that's artistic and glamorous. He is known for his unconventional lighting and angles.

Cover Picture was shot by Sharat Chandra fashion Photographer from Mumbai. The location is the grand Vasai Fort build by the Portuguese during their occupation of Bombay. The picture was shot with backlighting from the setting sun this provides lovely hair light, the model was lighted up with strobe lights. The Saree was draped in a very casual way from Vidhi Sarees New Delhi.

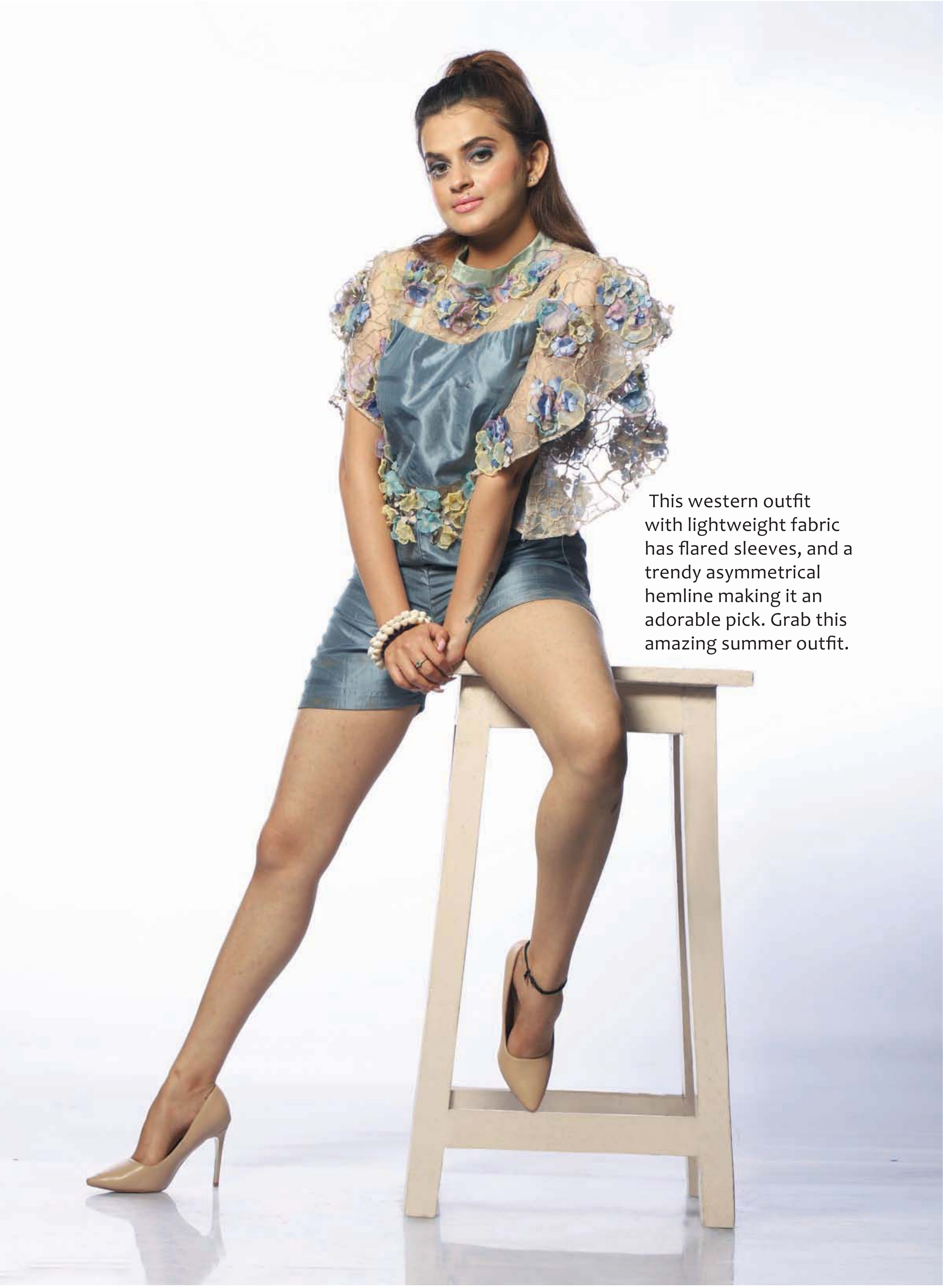
**Contact details: 9820056198**
**Instagram: @Sharatchandraphotography**
**Email: sharat.nomad@gmail.com**

# Style & The City!

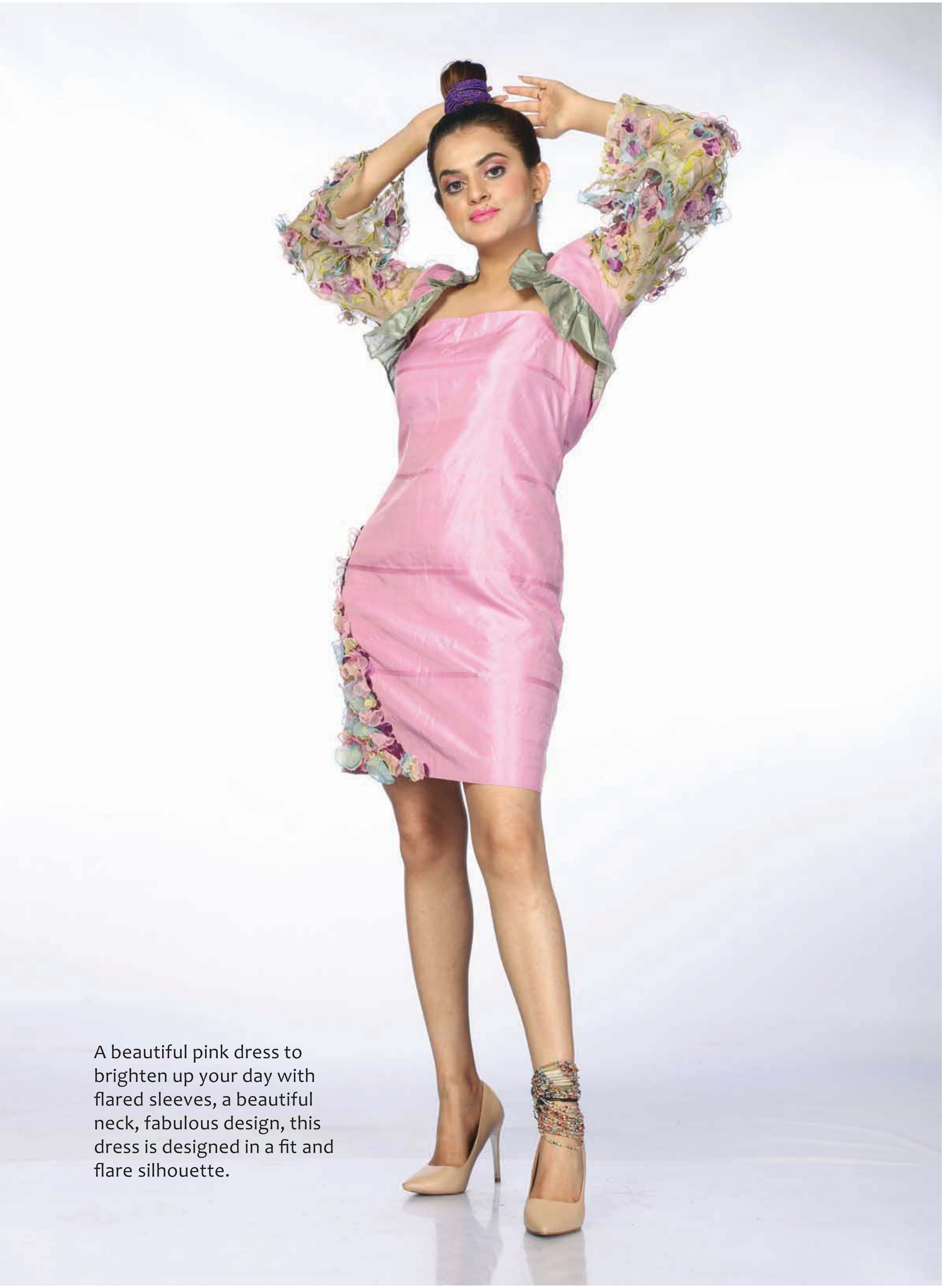
## Eco-Friendly Fashion.



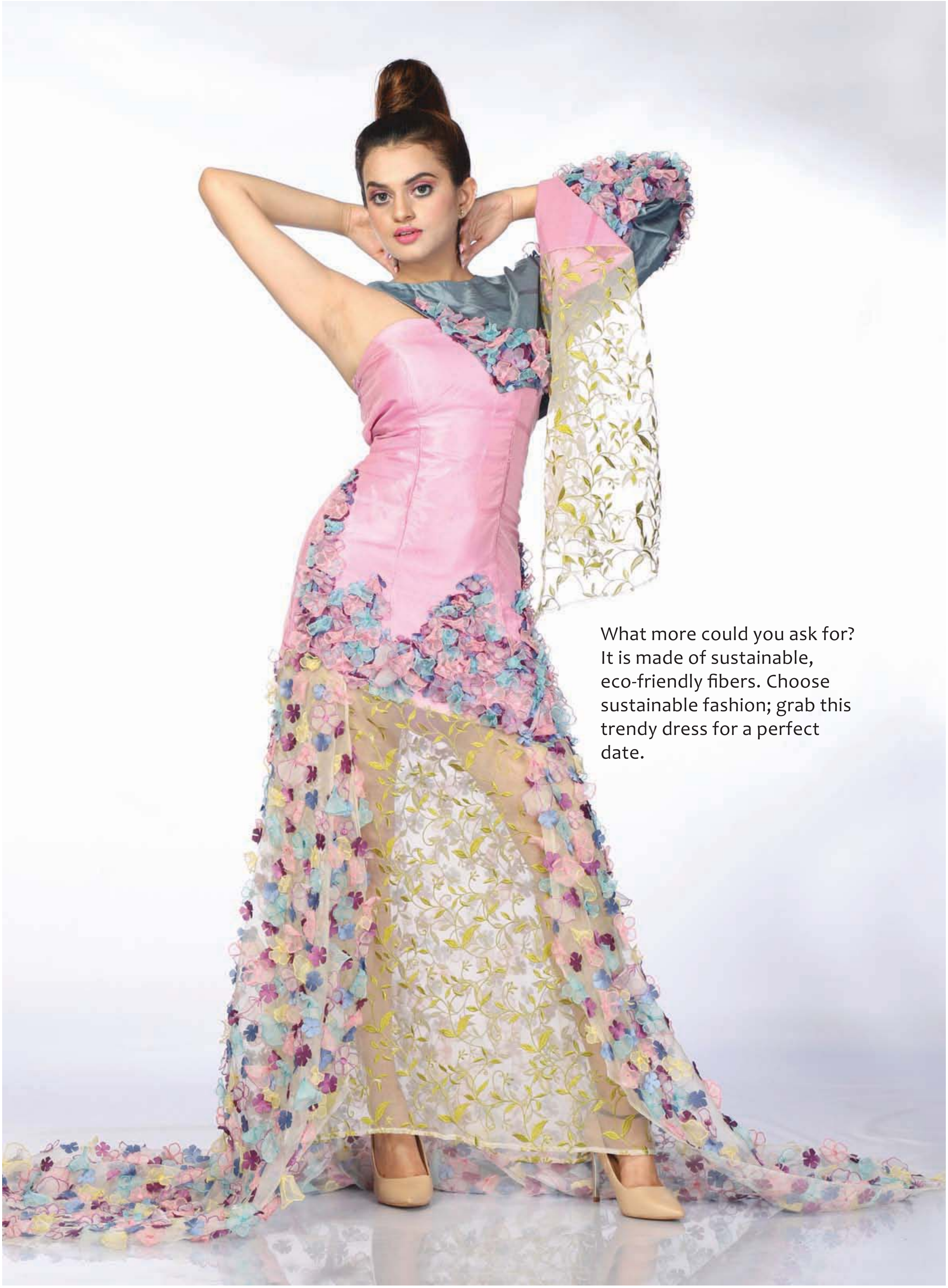
Choose sustainable fashion today! This eco-friendly outfit is fun to style for any occasion as the designer has inserted seeds while weaving, to create the fabric which is inspired by the phenomenon “Desert Bloom”.



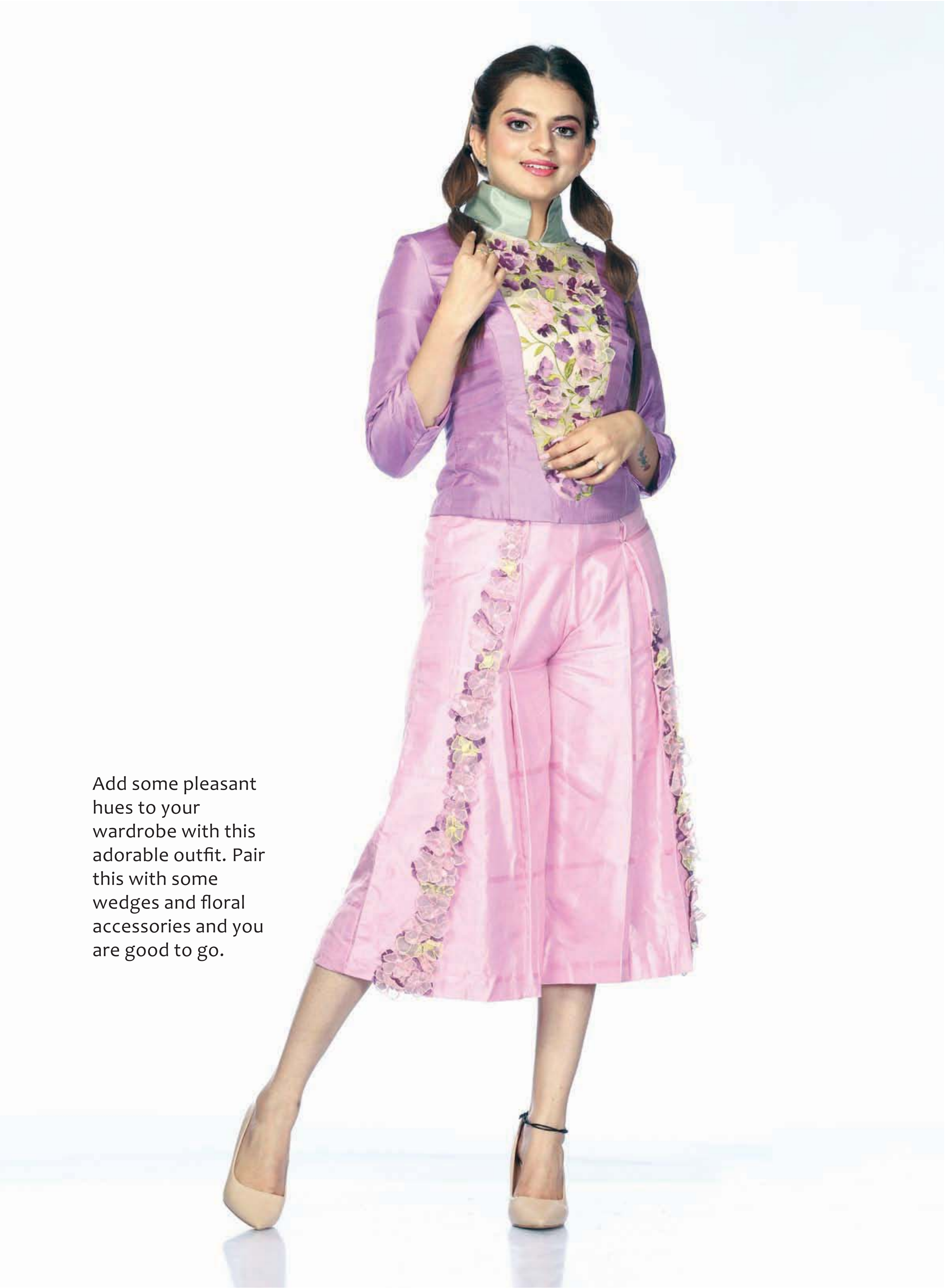
This western outfit with lightweight fabric has flared sleeves, and a trendy asymmetrical hemline making it an adorable pick. Grab this amazing summer outfit.



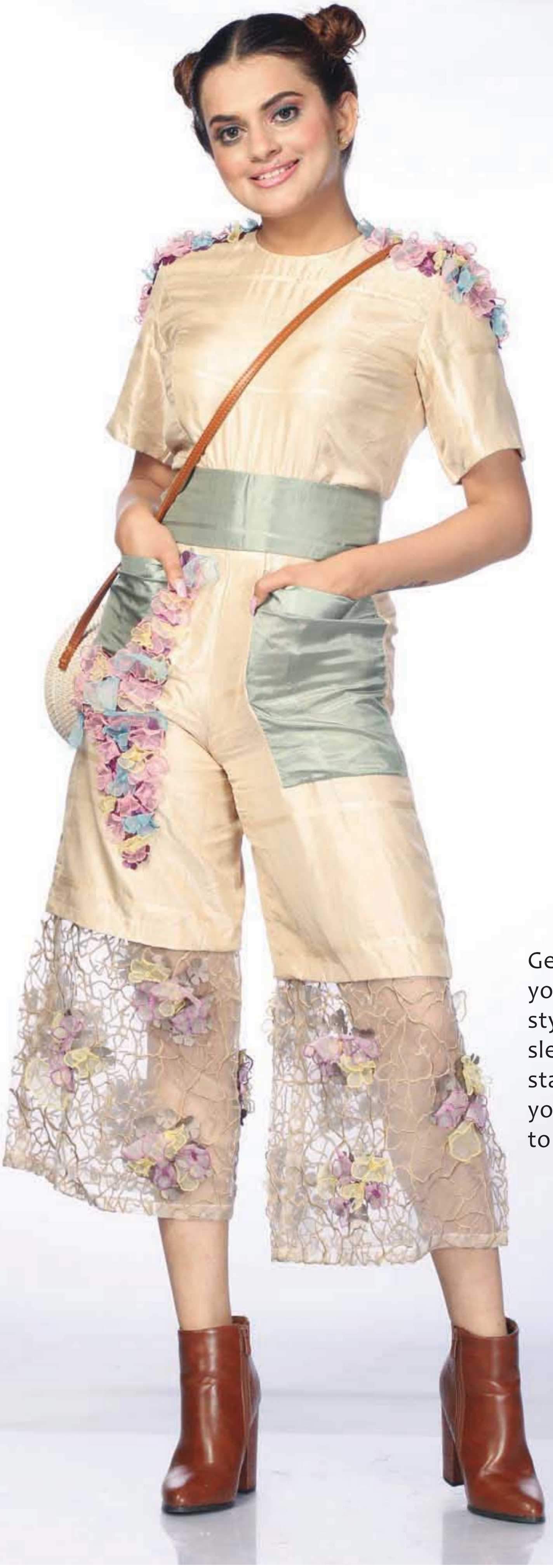
A beautiful pink dress to brighten up your day with flared sleeves, a beautiful neck, fabulous design, this dress is designed in a fit and flare silhouette.



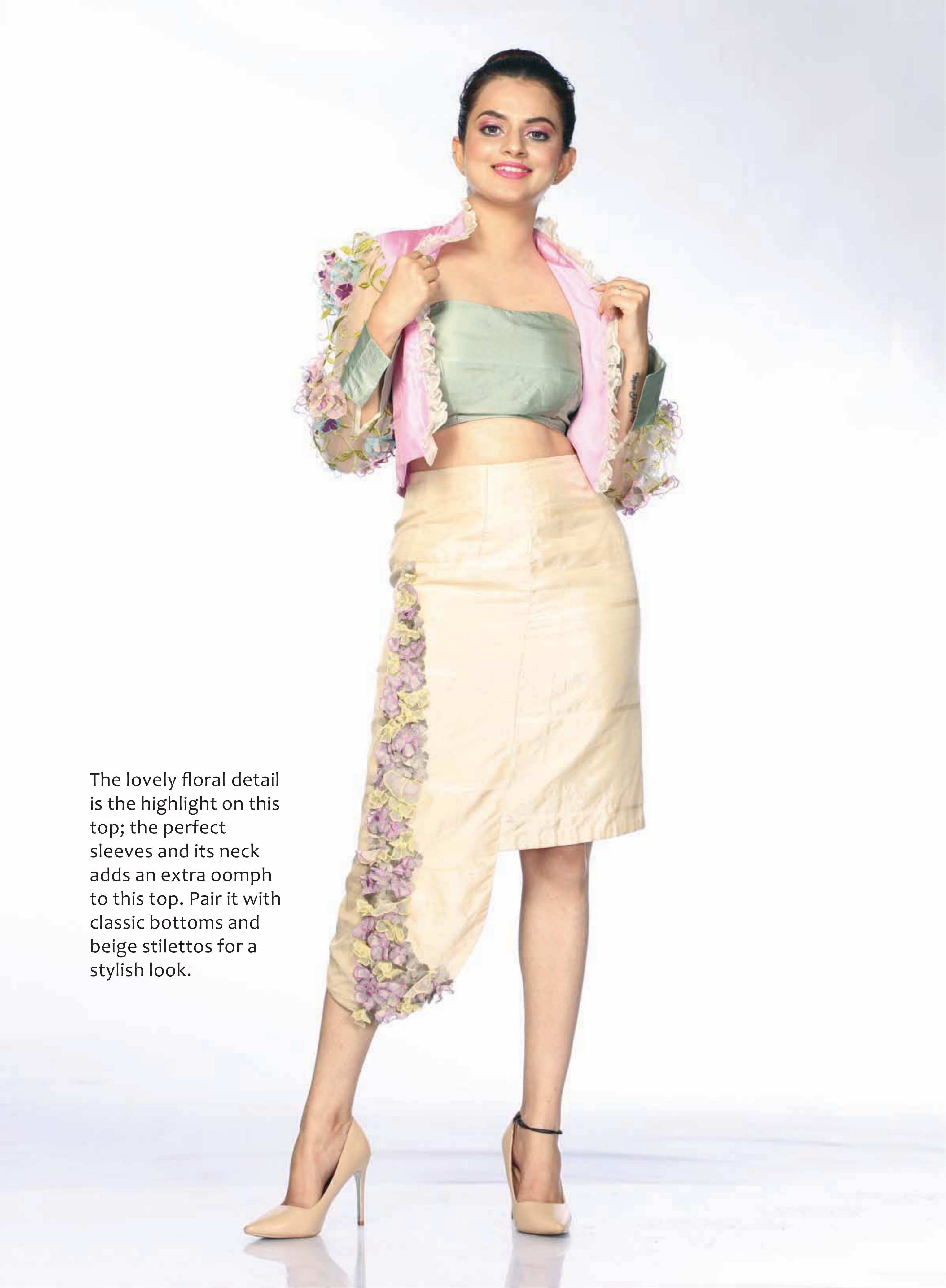
What more could you ask for? It is made of sustainable, eco-friendly fibers. Choose sustainable fashion; grab this trendy dress for a perfect date.



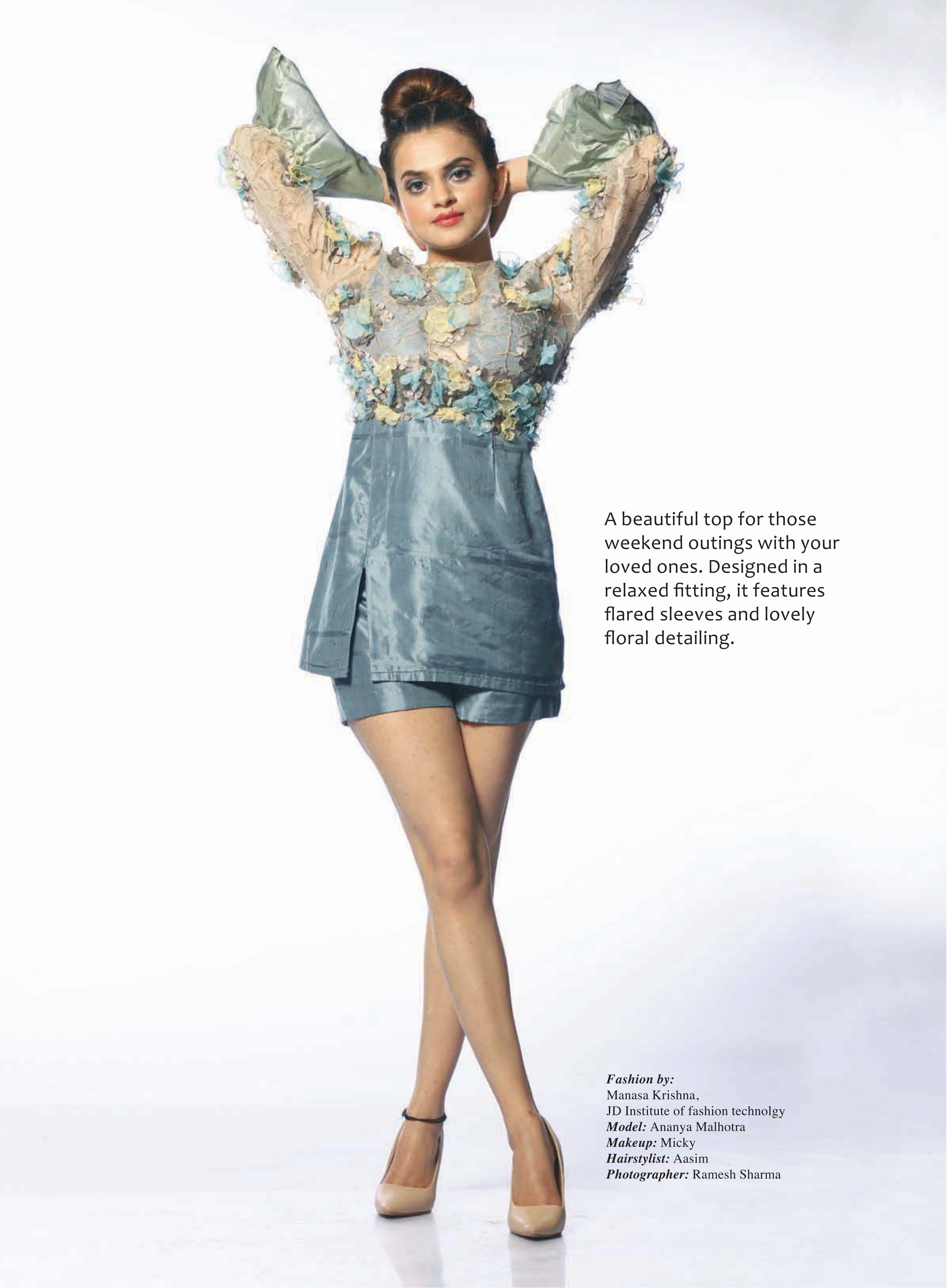
Add some pleasant hues to your wardrobe with this adorable outfit. Pair this with some wedges and floral accessories and you are good to go.



Get the funky look for your girl with this outfit. A stylish pick with basic sleeves is a fashion statement edition. Add your favourite accessories to complete the look.



The lovely floral detail is the highlight on this top; the perfect sleeves and its neck adds an extra oomph to this top. Pair it with classic bottoms and beige stilettos for a stylish look.



A beautiful top for those weekend outings with your loved ones. Designed in a relaxed fitting, it features flared sleeves and lovely floral detailing.

***Fashion by:***
Manasa Krishna,
JD Institute of fashion technolgy
***Model:*** Ananya Malhotra
***Makeup:*** Micky
***Hairstylist:*** Aasim
***Photographer:*** Ramesh Sharma

# Mesmerizing *Jewellery Pieces*

## Modern Jewellery For Modern Women.

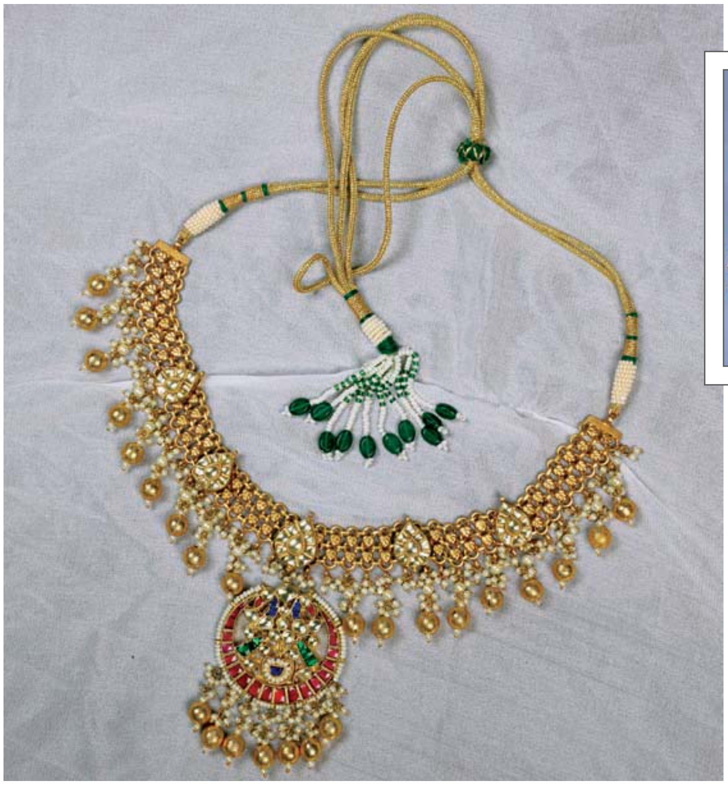
The beauty is in the details. Bring to life your aura with our classic designs of top-notch class and royalty.

Dazzling designs, exceptional artistry. Experience jewellery like never before!

Colours and designs that are straight out of a fairytale for the queens amongst us!

A simply stunning classic & timeless ring, that is perfect for every special occasions.

A shade of royalty for you designed by experts to keep your aura and your charm alive for eternities!



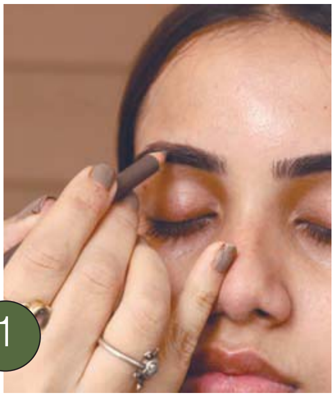
Take home with you a piece of jewellery that speaks of culture and beauty in the best way possible.

***Credit line:*** Rutvi Shah
Founder of@jewellery_by_rutzz

# Slay-Summer

## “High Fashion Makeup”

After preparing the skin.

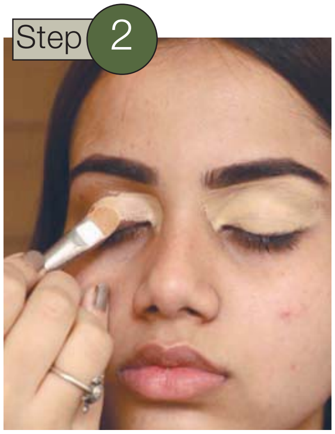


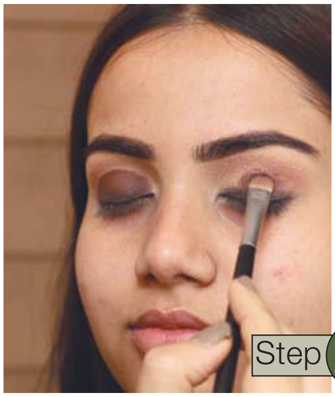
Step 1

Defining the brows with a help of eyebrow pencil.

Use concealer as eye primer/ eye base.

Step 2



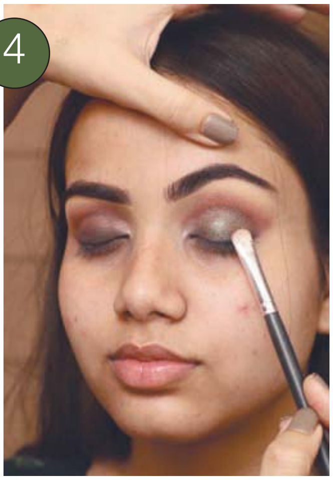


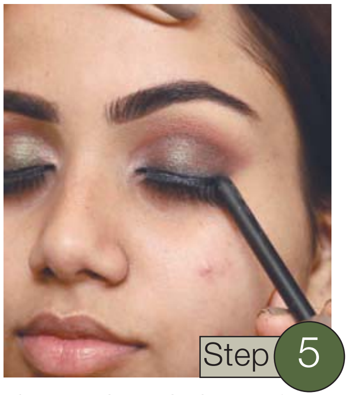
Step 3

Used light brown eyeshadow to increase area and dark brown all over the lid and blend properly.

Step 4

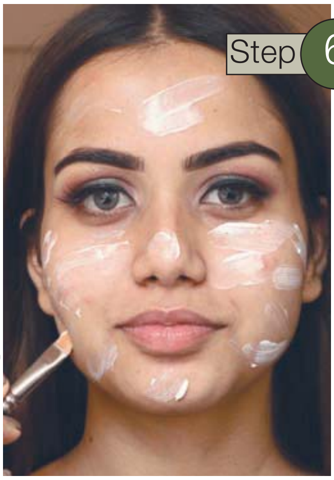
Use olive green pigmented shadow on the top of brown and blend edges.





Step 5

Then apply eyelashes and liner to complete the eye makeup.

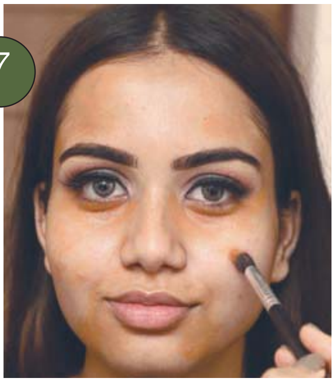


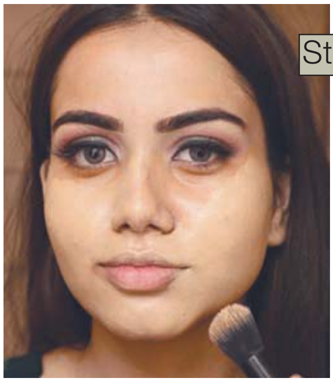
Step 6

Moisturizer according to the skin type and prep it for concealer and foundation.

Step 7

Use an orange corrector under the eyes for dark circles, around the mouth nose, and a little bit on the side of the forehead.

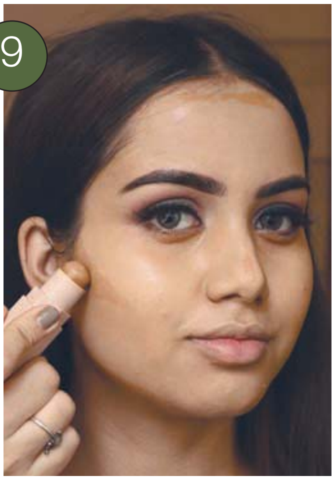




Step 8

Use HD foundation all over the face.

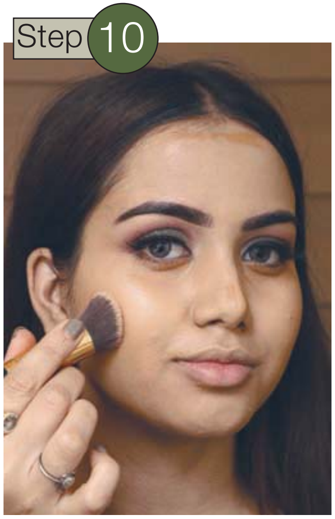
## Step 9



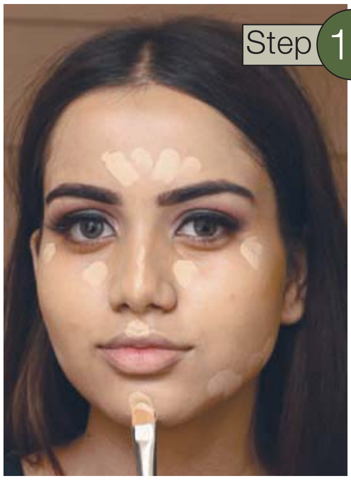
Use cream contouring, to sharpen the features of the client.

## Step 10

Blend the contour area properly.

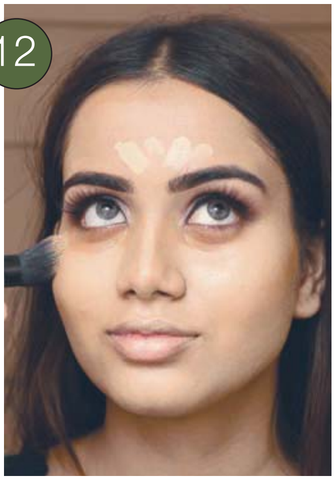


## Step 11



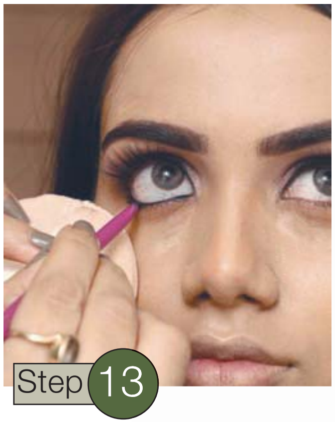
Then use lighter shade to enhance the features and highlight the face.

## Step 12



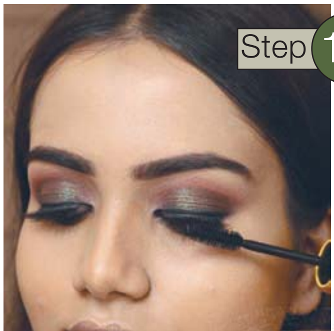
Blend the highlighter and put some powder to set the under-eye area.

## Step 13



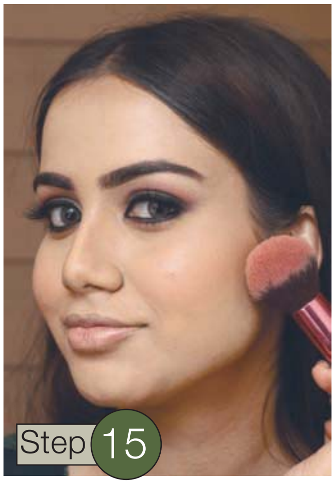
Use Kajal on the waterline and smudge with dark brown eyeshadow.

## Step 14



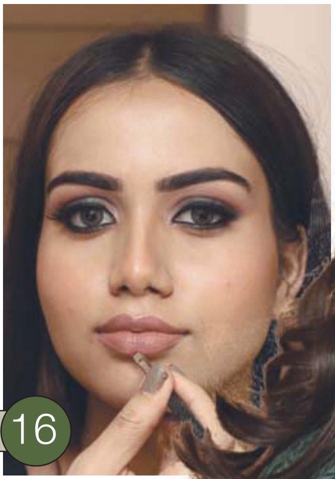
Apply Mascara

## Step 15



Blush and highlighter on the apple of cheeks.

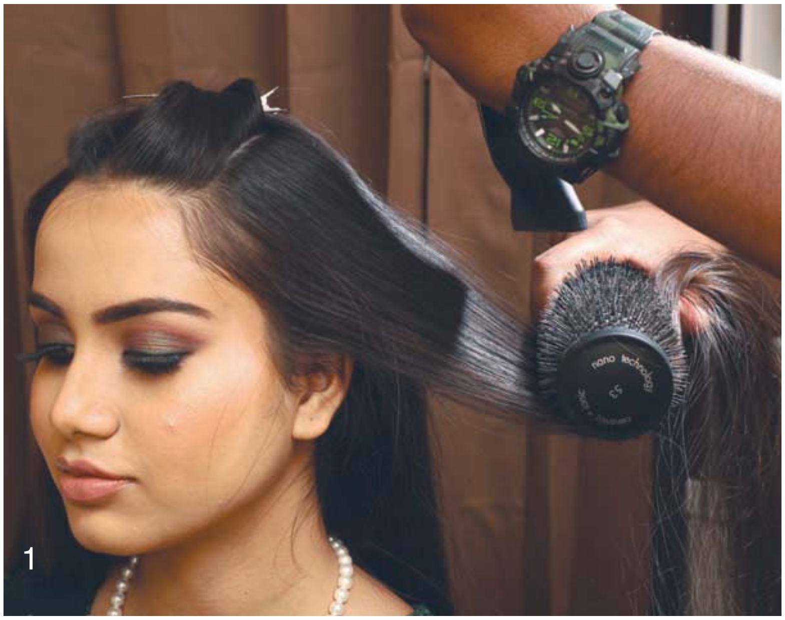
## Step 16



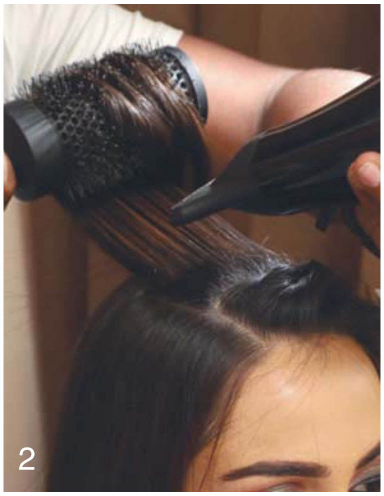
Apply Lipstick to complete the entire look.

# Popular Party Hair Style!

## Awesome Easy Steps.

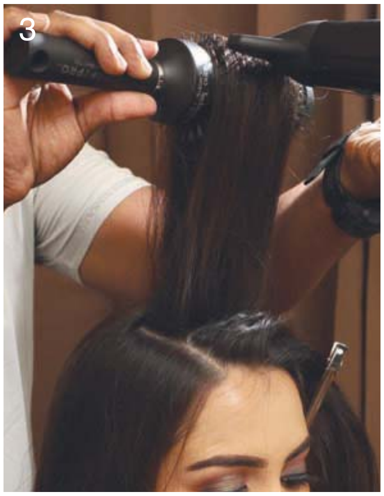

1

Blow drying hair using roller brush.


2

Neatly Blow drying the crown area.

Blow drying front hair line.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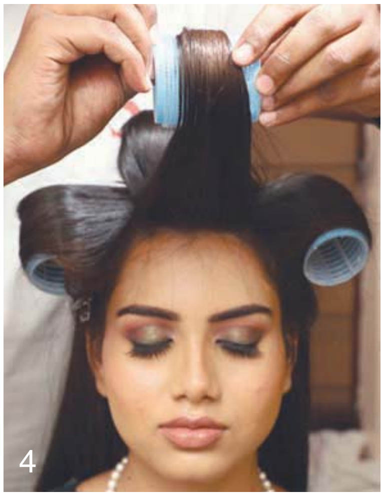
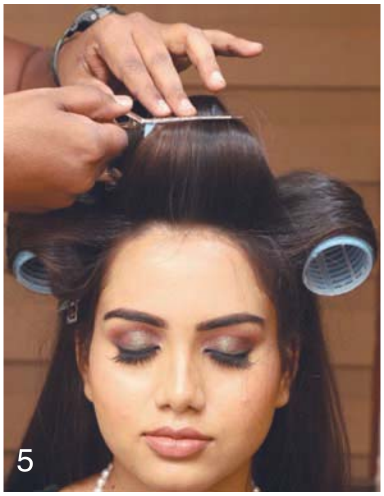
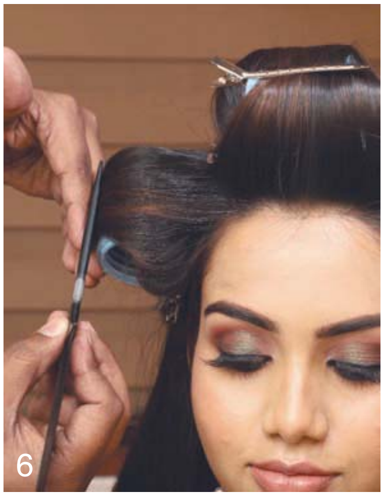

4

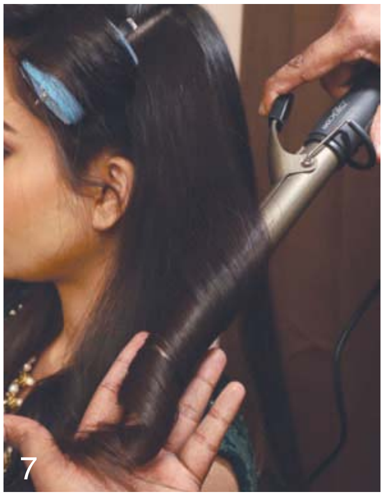
Setting up the curls nicely.


5

Putting styling clips on the roller to stay.


6

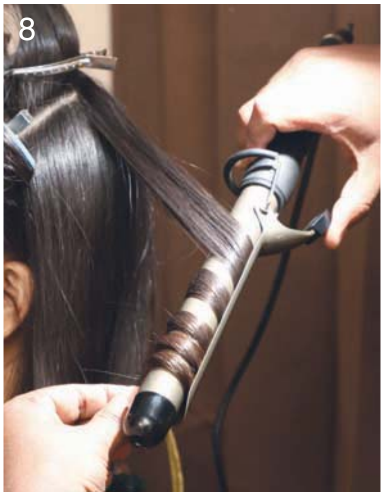
All hair should be in the roller.


7

Soft curling the rest whole hair with tong.

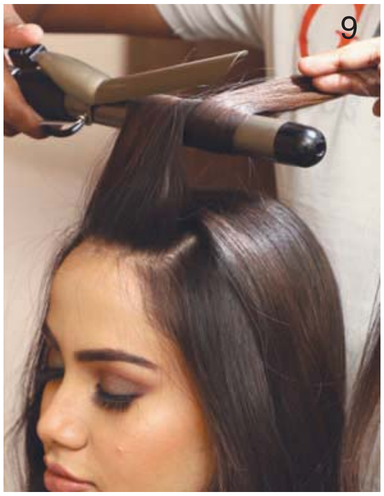
8

Way of doing curling.



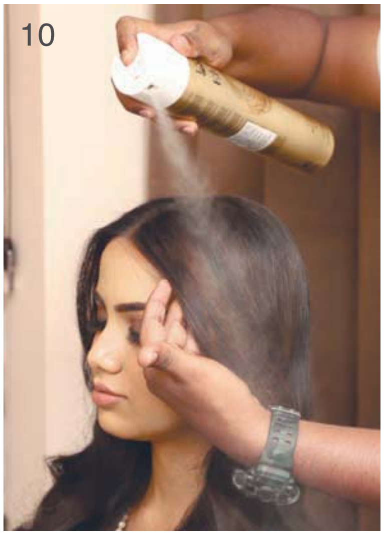
9

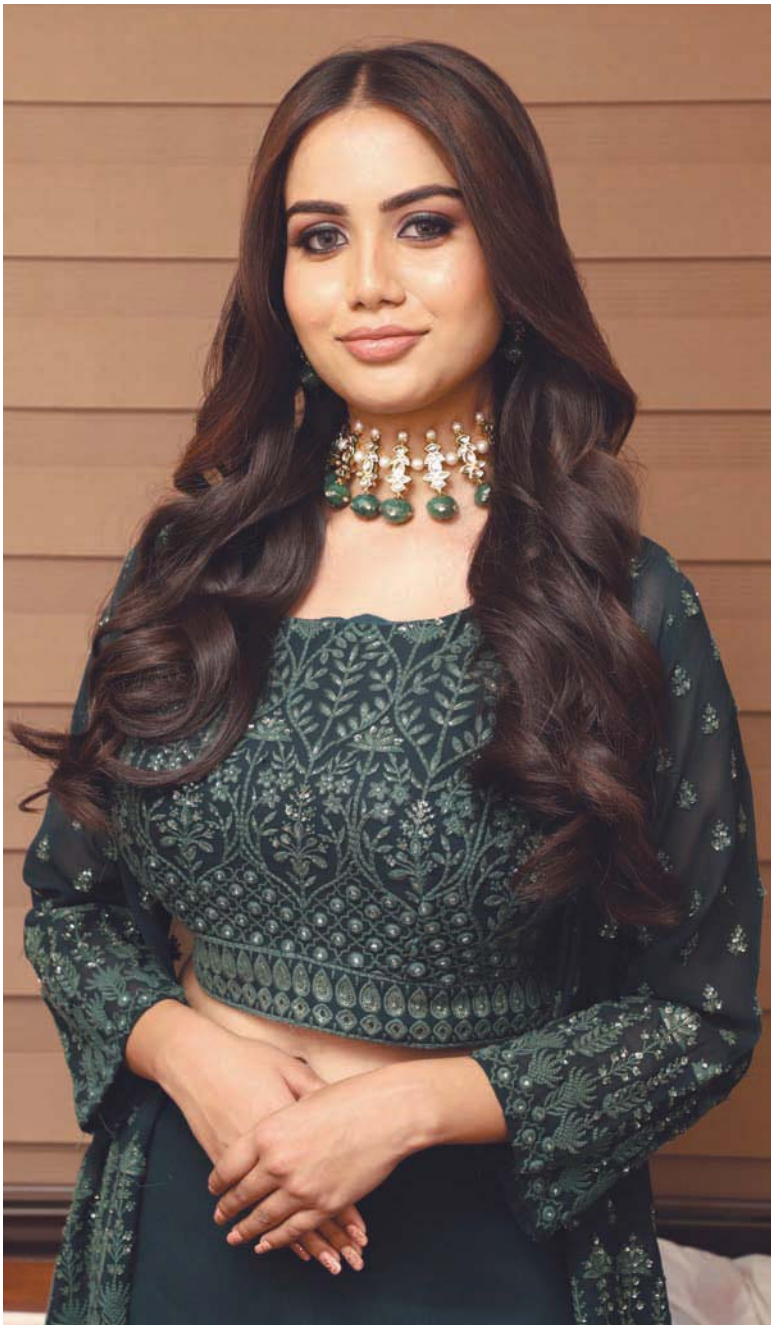
Remove curlers and now doing front curling with tong.



10

Hair spray to set these curls.





***Model Name:*** Anushka Sriwastav
***Professional MakeUp & Hair Style Artist:*** Divya Jaitly
***Address:*** B-25/2 Street No:13, New Gobind Pura,
Chander Nager, Krishna Nager, New Delhi 110051
***Photographer:*** Ramesh Sharma

# Divorce –
# The Future Tense Of Marriage

A need of an action for breach of promises. **By Jitendra Gaglani**

We had been taught for ages that marriage is a union of hearts. It is a sacrosanct, inviolable and irrevocable agreement between two strangers to live together despite trying circumstances. But all that no longer holds true. Marriages are made in heaven, they say. But a few months into marriage hell is unleashed on earth as the partners who yearned to meet each other's gaze don't see eye to eye.

Wedding is an event. Marriage is a commitment. In these deceitful times, there is no commitment to commitment. Fuelling the brashness of spouses is the legalization of extra-marital affairs. Partners are no longer bound to remain chaste. Instead of fighting for each other, they fight for the freedom to choose one's bedding partner. And they rationalise their act by stating "variety is spice of life."

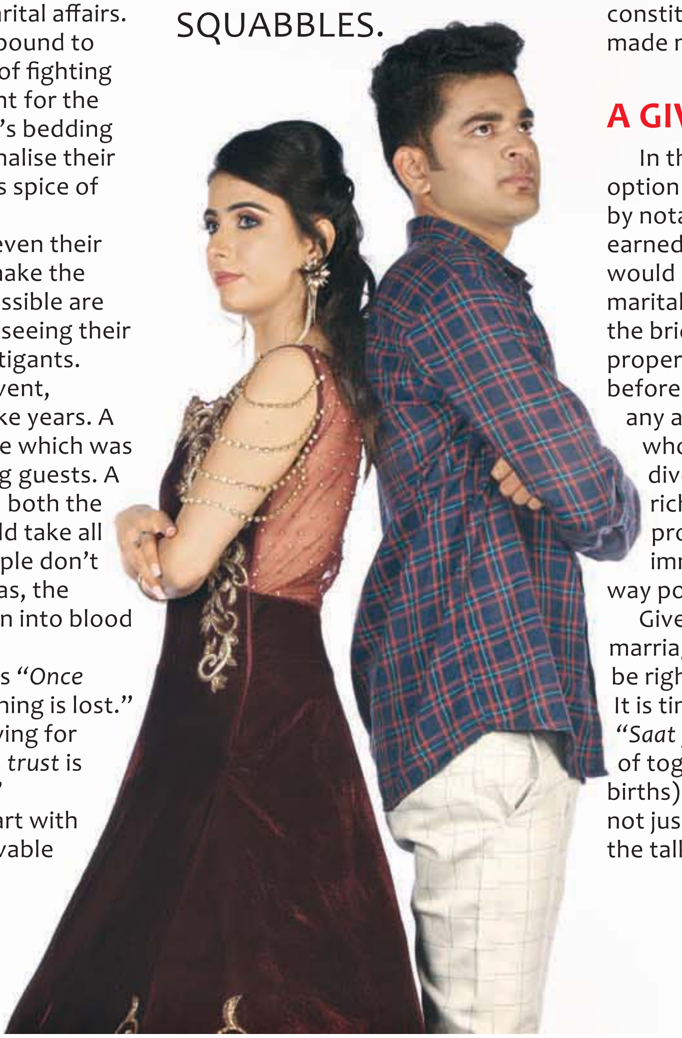
Parents who spend even their retirement savings to make the wedding as grand as possible are left feeling penitent on seeing their offspring turning into litigants. Wedding is a one-day event, whereas divorce can take years. A hush falls over the home which was once abuzz with floating guests. A lot of faith is reposed in both the families. That they would take all steps to ensure the couple don't split over squabbles. Alas, the families do little but turn into blood thirsty adversaries.

A widely held belief is *"Once character* is lost, everything is lost."

A more pertinent saying for those married is, "Once *trust* is lost, everything is lost."

Men are forced to part with the movable and immovable property earned over several decades of blood, sweat and toil. Divorce cases where women demand 50-80 lakhs in cash plus a flat is common. While women seek income parity with men, why is that they project themselves as weaker sex when claiming compensation / maintenance charges? Men, however potent, are roundly defeated in the court of law. Failing to provide the hefty alimony lands them in prison. If this trend goes unchecked, there would be an increase in the number of misogamists. The cardinal question is why is the law bent towards women? It is high time the constitution is amended and is made more equitable.

**WEDDING IS A ONE-DAY EVENT, WHEREAS DIVORCE CAN TAKE YEARS. A HUSH FALLS OVER THE HOME WHICH WAS ONCE ABUZZ WITH FLOATING** GUESTS. A LOT OF FAITH IS REPOSED IN BOTH THE FAMILIES. THAT THEY WOULD TAKE ALL STEPS TO ENSURE THE COUPLE DON'T SPLIT OVER SQUABBLES.



## A GIVEAWAY

In the U.S. the groom has the option to get a document attested by notary stating that whatever is earned or built after marriage would be shared between the marital partners. In case of divorce, the bride cannot stake claim on the property bought or money earned before the marriage date. To foil any attempt of flippant women who use marriage and then divorce as a means to become rich, the government has to provide some degree of immunity to men, in whatever way possible.

Given the prevailing frivolity, marriage, if it were an app, would be rightly listed under "Playstore." It is time to prove that the vow *"Saat janmon ka saath,"* (promise of togetherness for the next 7 births) taken while tying the knot is not just lip service. It is time to walk the talk.

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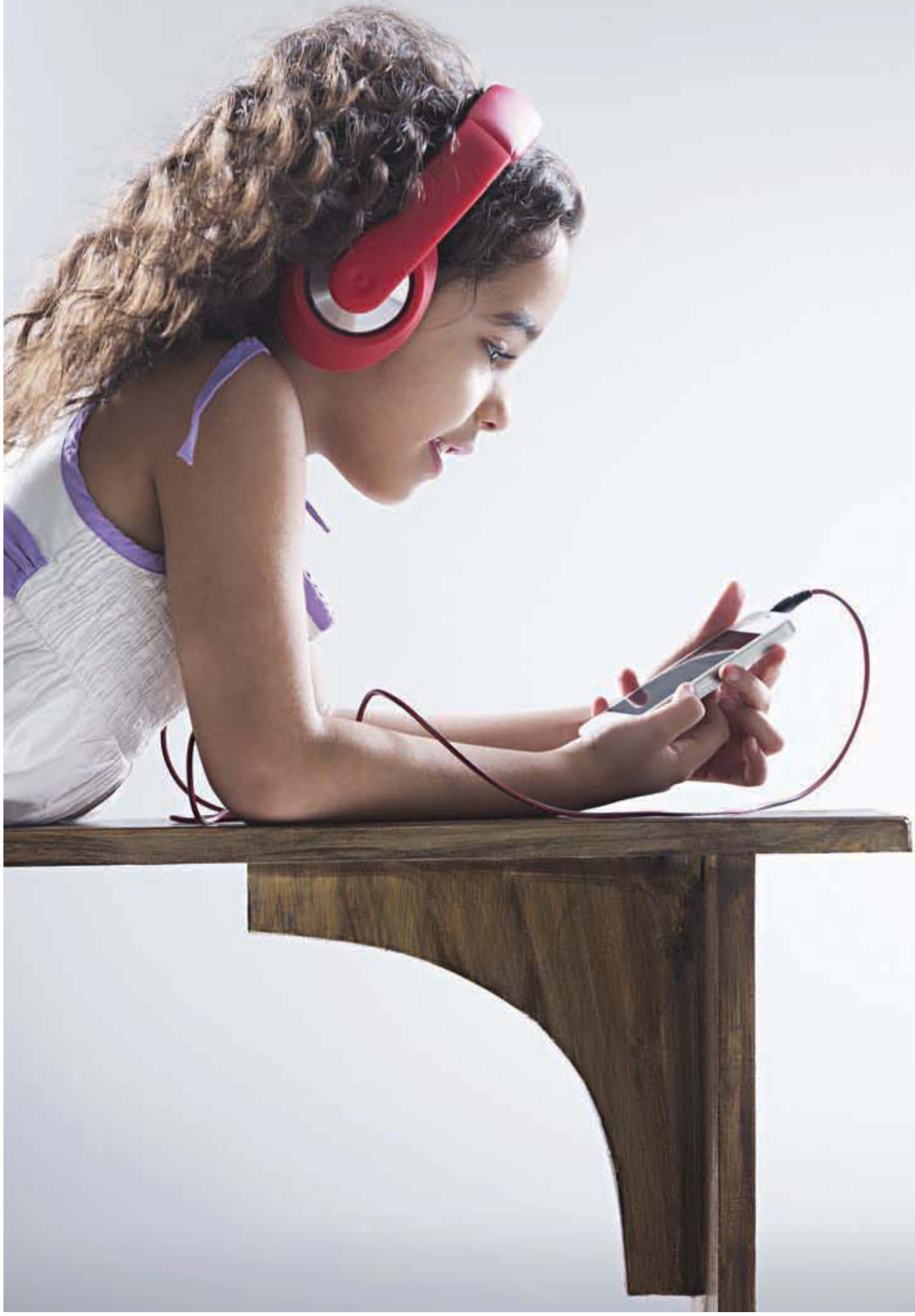
# How to Avoid Tech Addiction in Toddlers

## Tips to limit kids' tech use.

By Barkha Shah



After months of search, Shreya had finally found a baby-sitter for her two-year old. But she had a concern. "My nanny has a low-end phone. I am not sure what I should do," she rued. On further prodding, she added, "Well, my daughter eats food only with videos on."

Food and entertainment are frequent bed partners. Binge watching while eating - it's a guilt that's tainted many. However, it can get worrisome when entertainment is the only way food goes down a child's mouth.

The World Health Organization's guidelines have recommended no screen time for kids up to the age of two. This recommendation has come in the wake of the growing obesity crisis among kids due to sedentary lifestyle. However, with a household having multiple digital devices, including mobile phones, laptops, tablets and reading devices, keeping kids away from them is tough.

Yet, it's a pill that must be taken, not just to avoid obesity but for better sleep, eyesight and general health. Here are some tips to help refrain kids from this guilty pleasure.

### Don't gift kids with dummy phones and laptops

The market is flooded with make-believe phones and laptops for toddlers. While these seem to be a good way to avoid kids from using the real ones, remember they come with a short shelf life.

Your toddler will realize soon that there isn't much that they can watch on these devices. What's next then? Tantrums for the real one. So, avoid introducing these toys to them in the first place. Toys that encourage outdoor fun like tricycles, three-wheel scooters, sand toys like bucket and spade are better options.

### Go traditional – get back to books

Gifting e-readers to kids to encourage the habit of reading isn't helpful either. While many e-readers claim to have e-paper displays that don't strain the eyes, their role in encouraging tech addiction cannot be underplayed. "My kid loves reading and while I love the fact that he does, I dislike that it is on the e-reader. He seldom goes out to play and in fact, reduces the font size in the belief that it will help him read faster," says Divya. "I am considering joining a library to get him off e-readers," she adds.

### Avoid habit-inducing traits

Agreed, that life is busy. And yes, the woman and the man are both working full-time at work and at home. So, time is less to train the kids or spend hours in convincing them to eat healthy food. It's convenient therefore, to finish a job with the television on. The child opens his mouth like a puppet, fascinated with the colors, the sounds and the graphics. The food goes in and lunch is done. What we don't realize is how easily it becomes a habit – one that is tough to get rid of. Kids learn early the power of manipulation. A tantrum here, a bawl there, is all it takes for parents to give in, especially when they are outside or even at home among guests. Therefore, even if the day looms large and the child takes time to eat, avoid any habit-inducing traits.

**THE MARKET IS FLOODED WITH MAKE-BELIEVE PHONES, LAPTOPS FOR TODDLERS. WHILE THESE SEEM TO BE A GOOD WAY TO AVOID KIDS FROM USING THE** REAL ONES, THEY COME WITH A SHORT SHELF LIFE. YOUR TODDLER WILL REALIZE SOON THAT THERE ISN'T MUCH THAT THEY CAN WATCH ON THESE DEVICES.

### Cut down on video calls

The regular voice call to grandparents, uncles and aunts has changed to video calls for many. After all, for a lot of us, our closest relatives are perhaps across the seven seas. So, personal touch is getting rare. Plus, a video call makes better memories. The joy of seeing the child on screen, walking, talking, smiling and playing, is inexplicable. So, take in the benefits but avoid making it a part of your child's daily routine. Emotions run large when it comes to family. Logic, however, asks you to play caution.

### Avoid frequent personal usage

Kids learn by imitation. While we are careful about the words we use in front of the child, we ignore the fact that they are watching what we do as well. Are we mostly browsing through our phone and swiping with our fingers? Is the phone an extended body part without which we are unable to step out of the house? Are we clicking our child's pics and taking videos almost every day? We need to be wary of this behaviour as someone's always watching.

Parenting is tough and no parent is perfect. Everybody makes mistakes. What's crucial though is avoiding the pitfalls of the larger ones. Tech addiction is one such.

# Family Mental Health Crisis

Parental anxiety and depression during the pandemic will affect kids too.

By Vidhya P

Parental anxiety and depression is a pervasive problem. A large and growing body of research proves that it is a major risk factor for difficulties in a child's life. Depression disrupts a parent's ability to work, parent, and participate in the community.

For most parents, the covid-19 pandemic has been stressful would be a dramatic understatement. The combination of financial pressure, loss of child care and health concerns are exceedingly challenging for families. Mental health problems are expected to rise dramatically as a secondary effect of Covid-19 and the measures that have been put in place to contain it.

The potential long-term consequences on children from increased parental stress, anxiety and depression are only beginning to be understood. However, past research tells us that the children exposed to these problems are more likely to experience mental health problems themselves, in addition to developing an increased risk of learning and behaviour problems and reduced economic mobility throughout their lives.

We need to develop an approach that helps the parents and also protects the children's future.

## Escalation in parental anxiety and depression

Recent studies have found that pregnant mothers and those with young children are experiencing three- to five-fold increase in self-reported anxiety and depression symptoms. A history of mental illness, current domestic conflict and financial stress were associated with worse mental health across multiple child age groups. These figures are especially concerning because young children are highly vulnerable to maternal mental illness due to their near total reliance on caregivers to meet basic health and safety needs.

Parenting stress associated with mental illness can lead to negative interactions, including harsh discipline and being less responsive to children's needs. For parents, depression contributes to various health problems and low quality of life. Suicide is a leading cause of death for women of child-bearing age that we expect to increase should high rates of mental health problems continue to be unaddressed.

## How does parental anxiety and depression affect children?

Parental anxiety and depression shapes not only a parent's perception of the world, but also a child's experience of the world internally and externally. Depressed parents have been found to interact with their children differently, in ways that affect the child's development. For example, depressed mothers have been found to use less emotion and expressivity in their language with their babies. And they make less eye contact.

Parental depression can impact many activities of parenting. Even a simple activity such as reading a storybook to a child may be affected. A depressed parent may not be as lively or as expressive. He or she won't change voices for different characters or make sound effects. Of particular concern, is the isolation that may occur for parent and child, which is one of the largest impacts, limiting the social networks of both the parents and the child.

> **THE POTENTIAL LONG-TERM CONSEQUENCES ON CHILDREN FROM INCREASED PARENTAL STRESS, ANXIETY AND DEPRESSION ARE ONLY BEGINNING TO BE** UNDERSTOOD. THE PAST RESEARCH TELLS US THAT THE CHILDREN EXPOSED TO THESE PROBLEMS ARE MORE LIKELY TO EXPERIENCE MENTAL HEALTH PROBLEMS THEMSELVES.

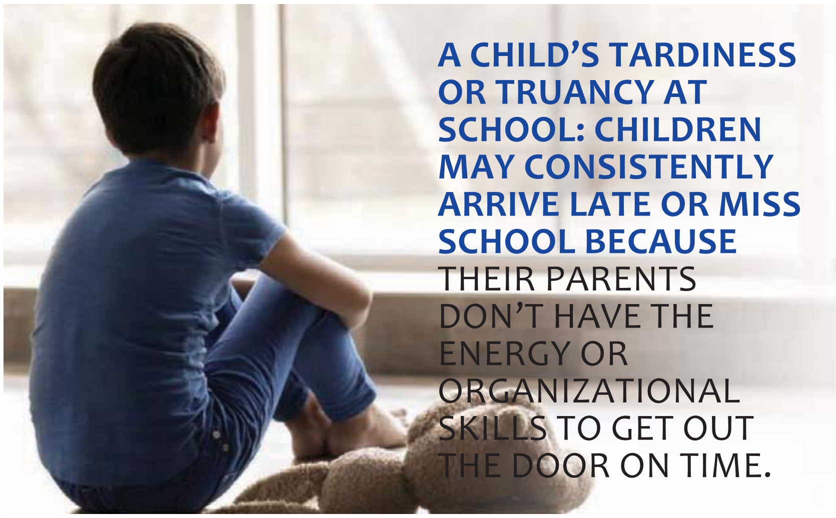
Studies link parental depression (including prenatal depression) with a wide range of difficulties, some lifelong. Depression not only interferes with parental bonding and nurturing, it also means parents may not be as likely to do the things that are necessary to keep their children safe and healthy (such as using a car seat or getting immunizations). School-age children with depressed parents may not perform well academically, and are more likely to have behavioural problems, and have poorer overall health.

## What are the symptoms of parental depression?

Depression affects a parent's mood, sleep, appetite, and energy level. Typical symptoms of depression include persistent sadness and the loss of interest in activities that used to bring pleasure, along with sleeping too little or too much, difficulty in concentrating, changes in appetite (eating a lot or very little), poor energy and thoughts of suicide. Untreated depression raises the risk of substance abuse.

Signs of depression that are specifically related to parenting include:

- Lack of responsiveness to a child: Parents with depression are less likely to respond appropriately to the cues (such as crying or eye contact or gesturing) of their young children.
- Inappropriate parenting behaviours: Some depressed parents are neglectful and disengaged from their children, while others are hyper-intrusive and over-engaged. What these seemingly opposite behaviours have in common, is the fact that neither is sensitive to a child's cues.
- A child's tardiness or truancy at school: Children may consistently arrive late or miss school because their parents don't have the energy or organizational skills to get out the door on time.



A CHILD'S TARDINESS OR TRUANCY AT SCHOOL: CHILDREN MAY CONSISTENTLY ARRIVE LATE OR MISS SCHOOL BECAUSE THEIR PARENTS DON'T HAVE THE ENERGY OR ORGANIZATIONAL SKILLS TO GET OUT THE DOOR ON TIME.

## Urgent action needed on key risk factors

The time is now for the development of a national perinatal and family mental health strategy. Early intervention investments are expected to yield high health and economic benefits by preventing the long-term consequences of parental mental illness from becoming embedded in children's biological and behavioural development.

Investing in family mental health and parenting support now and on multiple fronts, before problems are entrenched, will yield enormous payoffs.

## How is parental depression treated?

Research shows that psychotherapy, particularly in the form of cognitive behavioral therapy (CBT), can be a very effective treatment for depression. CBT challenges negative and unproductive thought patterns that reinforce depression, helping people reframe them in more positive and productive ways. CBT is one of the most effective forms of psychotherapy because it focuses on building skills around managing thoughts and behaviours.

Home visitation and substance abuse treatment are also available for those who would benefit. Also, many parents benefit from taking medication for their depression.

## Mental health system needs urgent improvement

Addressing parental mental illness not only mitigates harmful effects on child health but builds children's capacities to manage other stressors, such as school transitions and other unpredictable events.

There are effective treatments for parental mental illness, but access has become more difficult during the Covid-19 situation.

## Small steps that may help

Although many of the causes of parents' poor mental health are out of our control, there are small steps you can try right now:

***Reaffirm that your emotions make sense:*** This is an unprecedented time of difficulty that comes with stress, sadness and anxiety. You are not alone in these feelings and wondering about what comes next. Many other parents are similarly feeling distressed and trying to problem solve how to care for themselves and their families

***Talk about your feelings:*** Sharing your emotions with supportive partners, friends, family members and service providers can be helpful. Brainstorming and problem solving with others can alleviate stress and improve your mood. Just the simple act of sharing can help normalize the fact that you are working hard and still having a hard time feeling well.

***Practice self-compassion:*** Too often we are kind to others and cruel or dismissive of our own distress. It is important to prioritize your own well-being and self-care. If you are experiencing stress, anxiety or depression, talk to and treat yourself like you would a friend. Many people are not used to treating themselves compassionately, but there are resources available to help you cultivate self-compassion.

***Seek professional help:*** If you are having persistent thoughts of self-harm, hopelessness or an increase in alcohol or substance use that is difficult to manage, don't wait to ask for support. If your low mood or anxiety affects your functioning at home, with friends or at work for two weeks or more, seeking additional help to work through challenges could be important to get to the place you would like to be.

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# Niraamaya Retreats Suryavilas, Solan

## Post Covid Rehab! Integrative & Functional Medicine Programs Best wellness Sanctuary in Himachal Pradesh.

**Gaytri Bajaj**
Founder, Niraamaya Retreats Suryavilas

> **"It's a retreat to holistically integrate all the natural forms of medicine to heal mind and body. Functional Medicine is the future of conventional medicine. It treats the whole system holistically and not just symptoms. Hence we chose this science in our Wellness offering."**

Whether you are struggling with a specific ailment or desire health restoration in premium retreat environment, **Integrated Curative Wellness Programs** at Niraamaya Retreats Suryavilas have the power to heal you from inside. One and a half hours drive from Chandigarh, experience it as the best wellness Retreat & sanctuary of Himachal Pradesh in Solan, echoing the story of success, difficulties, grit, perservance and dedication of IRON Woman & Founder Gaytri Bajaj.

### About Niraamaya

Nestled on misty Himalayan slopes of Solan, Niraamaya Retreats Suryavilas is a sublime spot of breath-taking views and bespoke opulence. **The first snow of winter and the first sprout of spring!** Experience nature at its untouched best spread across a stretch of 15 acres. Retreat is home to 36 exquisite rooms and 18 luxury glamping cottages that provide a breath-taking view of the mountains. Perfectly manicured gardens and the exotic blue colour schemes provide a luxurious feel to this enchanting getaway!

**Accommodation:** The Retreat has five kinds of rooms. Each room encapsulates complete luxury, spacious, provide mesmerizing mountain view, featuring lush green lawns, mixture of the aesthetic beauty of nature interspersed with the modern comforts.

### Niraamaya Wellness Center

It is a centre to holistically integrate all the natural forms of medicine to heal the mind and body. **INTEGRATIVE AND FUNCTIONAL MEDICINE PROGRAMS AT NIRAAMAYA** specifically target top

chronic lifestyle issues like Stress, Hypertension, Diabetes, Obesity and a host of other ailments. Medical approach focuses on 'Why' instead of 'What'. The treatment program is curated with focus on gradual elimination of chronic and lifestyle ailments. Wellness Programs include Immunity Rejuvenation Program, Diabetes, Stress Management & Rejuvenation, Mindfulness Program, Metabolic Obesity Program, Gut Restoration, Aesthetics, Deep Detox, Post Covid Care Program.

● **Niraamaya USP:** Inhouse Ayurveda physicians and Nurses at the Functional medicine center, Doctors on call, **access to the top 100 Doctors across the world who are on the board of advisors, availability of functional medical equipment inhouse –for e.g., IV s, Ozone Bath, colon hydrotherapy machines, Infrared machines and others. 90 days consultation support post-checkout given via teleconsultations and follow-up** are some USPs of services at the Retreat.

**● Exclusive Immunity Kit offers 1 to 3 months of 11 Nutraceuticals designed after extensive research by top doctors, immunologists, virologists and biochemists specifically to increase your immunity and to keep you in perfect health.**

## Niraamaya Preventive & Post Covid Care Program

Book this Retreat for a 3-day Preventive Covid Program or for a 21-day Post COVID-19 recovery. Symptoms include fatigue, body ache, cough, sore throat, difficulty in breathing and others.

Khushboo Jain
Wellness Advocate,
Founder of
MadAboutWellness.

**A holistic comprehensive post covid care program includes Mapping the Symptoms and Pathophysiology, Diagnostic Tests, Management of the Syndrome, Nutrition Therapy with High dose Vit C, Glutathione, Micronutrients and antioxidants-7, Supplements to Immune Support, Vitamin D3+ K2, Mg , Zn, Probiotics, Colon Hydrotherapy, Coffee Enemas, HBOT sessions, Far Infra-red sessions, Blood tests and pathology, Functional Testing such as Oligoscan and BCA, Nutritional Consult and Planning, Information on instrumental care (Pulse Oxymeter, Nebulizer), Monitoring of vitals, Functional Medicine Doctor consultations, Ayurveda Treatments in addition to relaxing and renewing mind and body.**

**Niraamaya Spa:** Blending a range of Traditional Ayurveda, Asian and contemporary International therapies, Niraamaya curates and offers personalized health & wellness experiences. Says CEO Manu Rishi Guptha, "We bring forth our unflinching commitment to wellness. The multi-award-winning Niraamaya Wellness Centre at the Retreat delivers a range of Wellness therapies including traditional Ayurveda and Yoga that replenish the mind, body, and spirit."

## Niraamaya Packages

● **Niraamaya Slimming Package:** It is a combination of Ayurveda therapies, intake of herbal medications and a balanced diet.

● **Niraamaya Immunity Booster Package:** It includes daily 90 minutes treatment, special medical decoctions, Immunity booster medicine for 2 weeks, Yoga & pranayama sessions coupled with Guided Meditation session.

● **Panchakarma - 21 days:** The Body Purification and Detoxification Program requires a minimum 14 days to administer all the therapies to get rid of the metabolic toxins. It also includes Rejuvenating,

body/mind toning therapies, coupled with Ayurvedic vegetarian diet with complete rest for effective results.

● **Ayurveda:** Bone and Joint Care Program- Minimum 5 Nights -The treatment includes traditional massages with herbal oils, application of warm pouches with medicinal herbs, intensive oil therapies, medicated baths and internal medications.

● **Niraamaya Destress Package 7 Nights Wellness :** Ayurveda treatment based on Panchakarma and Rasayana Chikitsa along with Yoga, Pranayama and Meditation can bring about immense changes in a stressed-out person.

● Rasayana (Relax and Rejuve Program) and various other programs.

## FACT FILE NIRAAMAYA SURYAVILAS

● **Cafe Samsara:** Explore menus designed to savour the freshest ingredients, world's most famous dishes onto your platter, good old comfort food with all-day dining restaurant.

● **Infinity Swimming Pool:** Plunge in pool as you look over panoramic view of the valley, verdant pine forests & the snow-capped mountains.

● **Bespoke Experiences & Curated Excursions:** Indulge in experiences which range from Yoga & Meditation, Curative Wellness Programs, Nature Walks and Private Cooking Sessions, to 'Destination Dining' at select intimate and picturesque venues. Book sightseeing and explore amazing, picturesque picnic spots, Trekking and much.

● **Weddings, Meeting & Events:** The retreat has beautiful and lively open spaces to make your celebrations memorable.

**Relax. Rejuvenate. Rejoice Wellness Journey with distinct Hospitality!!**

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**Kumarhatti, Nahan Road, Solan,**
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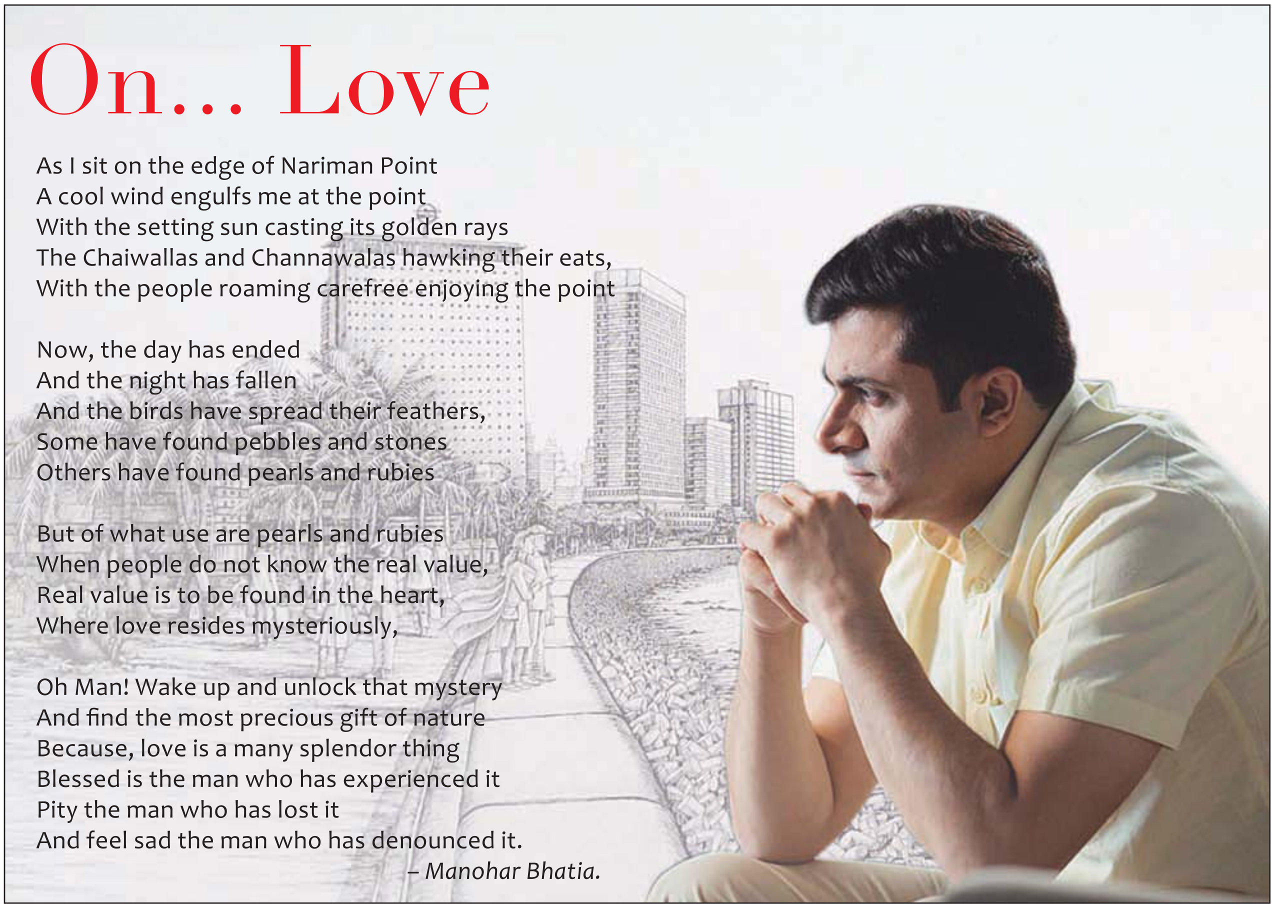


# On... Love

As I sit on the edge of Nariman Point
A cool wind engulfs me at the point
With the setting sun casting its golden rays
The Chaiwallas and Channawalas hawking their eats,
With the people roaming carefree enjoying the point

Now, the day has ended
And the night has fallen
And the birds have spread their feathers,
Some have found pebbles and stones
Others have found pearls and rubies

But of what use are pearls and rubies
When people do not know the real value,
Real value is to be found in the heart,
Where love resides mysteriously,

Oh Man! Wake up and unlock that mystery
And find the most precious gift of nature
Because, love is a many splendor thing
Blessed is the man who has experienced it
Pity the man who has lost it
And feel sad the man who has denounced it.

*– Manohar Bhatia.*

# Keep Your Heart Healthy

## Tips and pits for heart patients in covid era.

Dr Sarita Rao Senior Interventional cardiologist, Apollo hospital Indore.

You may have heard that heart health affects your risk for severe illness from COVID-19 (the disease caused by the new coronavirus). And while it's true that heart disease and high blood pressure (hypertension) put you at greater risk, around 28.4 million elective surgeries worldwide were cancelled or postponed in 2020, which is a huge burden on health care and also it makes the patients more vulnerable to a bad outcome. There are things you can do to protect your heart during the COVID-19 pandemic, here are some heart-healthy tips to keep you out of unhealthy pits.

### Keep Up Your New Normal

The number one thing is to continue what you're doing, which is staying at home when possible, practicing safe distancing, frequent hand washing, and seeking medical attention if you're having problems. Usually, we want a normal life for our patients soon after a heart attack so as to instill confidence but due to the new life we are living in wake of the corona pandemic, I prescribe the new normal, stay home as much as possible, do your home chores to shed that extra kilos and static exercising if you don't have a TMT at home, frequent sanitizing your hands and heart-healthy food in the form of homemade snacks, more of fruits veggies and sprouts and as these times are stressful, I suggest a heavy dose of yoga and meditations.

### Take Advantage of Telemedicine

This is the thing for the future now, the video connect with your doctors is very soothing also the other advantages are No travelling required so no exposure to the virus.

- Doctors are concentrating only on you at the time of videos calls so it's a great experience
- You get your queries solved in a digital manner.
- Reduce waiting times. No longer will people have to wait days, or even weeks, for an appointment, they can book an appointment at the push of a button and speak to someone within hours.

### Continue Taking Your Medications

With confusing news about common blood pressure medications and their connection to COVID-19 risk, you may be tempted to stop taking them. But the pendulum is swinging toward there being no cause for concern. In fact, a New England Journal of Medicine study concluded there was no link between blood pressure meds and COVID-19.

### Know When to Seek Emergency Care for Heart Problems

Get to know the signs of heart disease variants watch out for:

- Dry cough
- Fever or chills
- Shortness of breath or trouble breathing
- Muscle pain
- Gastrointestinal symptoms like nausea, vomiting, or diarrhea can also mimick heart attacks

Also, watch for:

- Chest pain or pressure, especially during physical activity
- Facial drooping on one side of the face
- Arm weakness or numbness on one side of the body

If you think you're having a heart attack or some other heart issue, don't stay at home because you're worried about COVID, as a heart attack is more deadly than covid itself.

It's really important to come in and get evaluated so you can get the problem taken care of early. At our hospital, we're doing everything we can to protect you when you do visit us. This includes new procedures to allow for physical distancing and infection control and daily symptom screenings of staff and patients.

Short Story

# I AM NOT PINK

*Societal Stereotypes.* By: Soumali Mukherjee

When you read the word pink what's the first thought you associate with that colour? Is it cute? Charming? Sweet? Feminine? Now, is your mind thinking it's the girly colour, the one that women love? Before you let out a sigh and scream the made-up word "feminazi", let me tell you, this article is not about radical feminism. It's about the societal stereotypes that have always rear its uglier head towards women and why the expression of feminism comes across as varied sometimes and how women have found a support system in feminism, by using something basic an example, a colour: PINK!

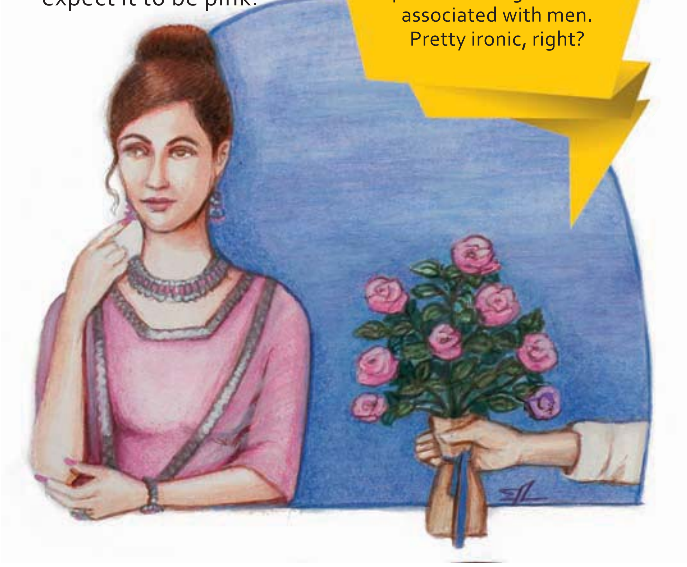
Pink was first used as a colour name in the late 17th century. It takes its name from the flowers called 'pinks'. This shade of red before, and even after its naming remained more popular in paintings. Fast forward to many years and we land in the 1920s England when pink faced the first wave of transitioning into a 'sex differentiating colour'. Back then, it was not a feminine colour though, blue was actually associated with women because it was considered as dainty and mellow and hence was believed to reflect the very nature of females. Pink being a shade of red was thought to represent strength and was associated with men. Pretty ironic, right?

Then came the 1930s and 40s. In America, the stores through the selective process of the marketplace came to a conclusion and made pink the colour that we know it for in the present day, the colour for females. Do you know what made it official? In 1953, America's first lady Mamie Eisenhower wore a pink gown at US presidential inauguration and this is considered as the most historical turning point for this pink to become a symbol for an entire gender. What followed after that was pink being catered all over the world by top designers and flaunted by models and actresses. It quickly garnered the status of reflecting sweet, meek, submissive and dainty characters and was dubbed as "the ladylike colour". In short, a lady is pink. Even today if someone asks a girl about her favourite colour, they low-key expect it to be pink.

Can you see the hypocrisy that was attached to something as basic as colour? Within a span of twenty years, while the colour preference was completely reversed, what remained the same is—anything that is considered stronger and dominant is meant for the boys, and anything that is delicate and dainty will be for the girls. It wasn't ever about pink, it could have been any hue from the palate, yellow or green or brown and nothing would have been different because it was always aimed at creating yet another gender stereotype in a world dominated by its alike, in different shapes and forms.

While it's true that males too have a colour decided for their gender, the obsession of associating females with the colour pink completely overrides any such associations in the male world. While girls sit there wearing a pink dress with pink shoes, pink clips, playing with a Barbie wearing pink in a pink dollhouse and carry a pink plastic phone (these are commonly available in the market in pink only); the hard and farce rule for boys is "no pink" as proven by studies where boys were shunned for liking pink.

Pink being a shade of red was thought to represent strength and was associated with men. Pretty ironic, right?



While, one might argue that gender-exclusive colour is an innocent ordeal, its instances like these where the stereotype starts affecting. It sends a message that boys and girls are indeed different and it is shameful for masculinity to like something which represents femininity, almost saying that one is superior over the other. While girls carry pink bags to school, boys are laughed at for the same thing. While on one hand, the society makes sure that women associate strictly to femininity, it also associates femininity to weakness.

The market offers hardly any toy trucks, or guns or aeroplanes pink in colour. It offers dolls, and princesses, and soft toys. If a small girl picks up the toy truck to play with, she is appreciated for being 'strong like a boy', and if a little boy picks up a doll to play with, he is reprimanded for being 'girly and weak' as if it is an insult to be one. These are the very impressionable minds of the future youth of our nation who would have no notions of differentiation if the society didn't design it as such. It becomes even more problematic as girls start feeling that being a female is a sign of weakness and as they grow older, in an attempt to be strong, they refute everything that is adjudged to represent femininity. young girls are stand at a crossroad, they either believe society's narrative and succumb to become suppressed subconsciously while others are living in a constant pool of hating everything that makes them female and adapting themselves in ways that make them a "tom-boy" because they are made to believe that it's so much better than to be like "those girls". Some of them even hate pink as a principle because of the notions about women attached to that colour. Trust me, I have been there. There isn't any handbook to guide us through these stereotypes and learn to identify and call out patriarchy for what it is, a scheme to subdue and oppress women while people at power enjoy supremacy. This is why feminism is so significant. It has helped us to formulate opinions, ask questions, voice our pain and understand womanhood; to stand together and to stand tall. I am not pink, we are not just pink. Each one of us is a mixture of hues from the palette that we choose for ourselves. The desire is simple, to breakthrough these narrow brackets that have been used to describe us over decades.

The understanding of feminism is very fragile because we as women have been taught from ages to adjust with the concoctions rather than express our might. Every attempt that we make, every stride that we follow is of a new nature, it has always been walking into a new territory with a clear hope in heart: EQUALITY. The attempt to reclaim the colour pink has been one such. The pink ribbon is an international sign for breast cancer awareness, as a symbol of strength to women. The pink triangle that was once used to shame homosexuals in Nazi camps has now become a worldwide symbol of gay power and pride.

As woman, there is so much to learn, unlearn and relearn in terms of the feminism that resides within us and around us. There will be fails, there will be struggles, but it is a battle that can never be won by constantly signifying such stereotypes while the meaning expression of this movement is varied, the objective remains the same. We don't need to love pink and we don't need to hate it either, we can be dainty and we can be assertive, we can adore our barbies and our toy trucks and none of these need to be mutually exclusive. There is no formula for being a woman. You can be anything you want to be.

# Facts on Artificial Sweetners

- * **Aspartame** is made from two amino acids; aspartic acid & phenylalanine
- * **Saccharin** is made from reaction between sulfur dioxide, chlorine, ammonia, & two biochemical acids
- * Some **natural sweeteners made from sugar but to make them zero calories are mixed with chlorine** & then called Sucralose.

Dr Vidushi Agrawal
DHMS (Mum),HMD (Lon),
MSc.DFSM (IGNOU)

**OR**

Natural Sugar

- * **Diet Cold-drinks** and these days some sweets and chocolates are also made from these products & for marketing reasons advertised as Fat Free, Diet, or Zero Calories etc. **They all will do more harm than good.**

Sugar substitutes don't make one lose weight. **In fact, actually increases one's weight because of the way the chemical compounds break & get absorbed.**

**They may have lesser or no calories which is very true** but are best to be avoided due to various illnesses **as per scientfic research.**

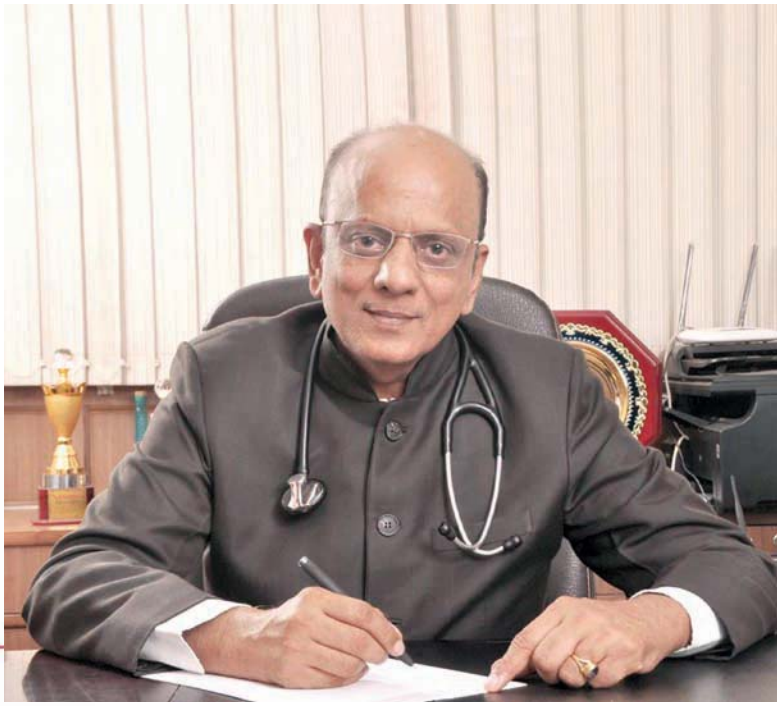
**Side effects either develop suddenly or slowly and may cause serious damage**

- * Nerves of eye, ear & other neurological damages
- * Depression, insomnia, irritability etc.
- * Although there is no proof it leads to cancer, researchers are relating the use may lead into such life taking diseases

**Its best to use natural sugar or rather jaggery in lesser quantity than trying artificial sweeteners**

**Want to know more on Mother Nature's Diet**

**Build your Immunity with**
**Natural Healthy Diet -**
**Whatsapp – 9969526918 or write to**
**Dr.vidushi.agrawal@gmail.com**
!! सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया !!



# My Chronicles with Dr. KK Aggarwal, of the last three decades

## Remembering Dr. KK Aggarwal, An Excellent Being, And A Doctor.

By Divesh Nath

Dr. KK Aggarwal (d. 17th May 2021) was a unique human being. Besides being highly qualified in his #medical profession, he was a great human with in-depth knowledge of human psychology, laughter, and things that mattered. I have had the good occasion of spending many-many valuable hours and days with him, cracking and hacking life-threatening situations of family members and loved ones. Citing one example, my nani was caught by a very interesting disease when she was almost 75 years of age. This is in the year 1998. Her blood would disintegrate. She was transfused with almost 20 bottles of blood but it would not retain in her body, her haemoglobin fell constantly. She was admitted under the care of Dr. KK-HK unit as their team was called at #Moolchand Hospital, New Delhi. As her situation worsened and she had little chance of survival, I asked Dr. KK to experiment, consequently he handed me four books to consult.

That night and for two more Dr. KK and I read these medical books, to understand what the problem was. He decided that she had drug-induced #haemolysis and the only way to save her or conclude the diagnosis was to cut down the medication and see how the body react. I am not a medical professional but just by applying common sense, a go ahead was given. The medication was cut. This made her condition deteriorate. But then suddenly the next day she showed improvement and was out of the woods. She lived on till May 2008, when an oversight by her #gynaecologist killed her through sepsis.

Dr. KK treated varied patients like maybe any other doctor, everyone with the problem of alcohol abuse to complicated multiple disorders. One of my relatives spent more than 2 months getting rehabilitated at his clinic in #Defence Colony. The couple found a cure for alcohol and for togetherness at the same time. All under the guidance of Dr. KK.

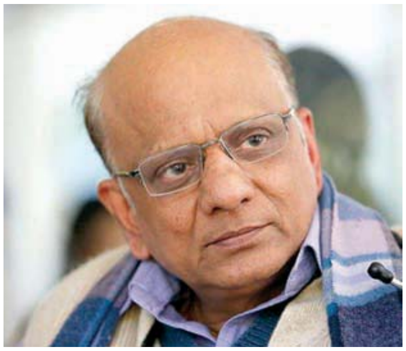
In the recent stench of #Covid cases, just before the first lockdown in March 2020, I had the occasion of visiting him when the pandemic had just started. It had not yet hit India, and in his clinic at the #Asiad Village in 2020, probably in January, he was very concerned that this virus will take away a large part of humanity and human life if allowed to spread. He said that unless precaution is taken, people will lose a lot of kinfolks.

I didn't believe him. He said if the government acted vigilantly and closed everything down like their western counterparts, at least in India we will be able to eradicate tuberculosis. That was quite a statement which for some reason has not been highlighted in the ongoing Covid crisis. In March 2020 there was a lockdown. But I continued to visit him for my family and friends. One elderly person close to me had a problem that was not being solved despite specialized medication and the works in medical jargon. I again spent time with Dr. KK with all his reports and the doc came up with a solution, for the gentleman, that he needs to breathe deeply and chant Om. Though I am not of a large religious descent, but I understood that the matter was more to do with breathing and oxygenation of the body. The gentleman followed the treatment and today he seems to be much better. He was also diagnosed for being bipolar, which then turned out to be the real diagnosis from specialists in that field.

## TREATMENT THROUGH ZOOM

Dr. KK spoke to his patients not entirely as the patient but as people. His short, two-line, and two-sentence diagnosis at times did not work well with patients who are used to being spoken to a lot. He would think for 10 seconds and then say something for the next 10, and then put down the phone, before you could ask the following question. His seasoned patrons got used to the idea that the follow-up question did not matter, or had been already answered. In November 2020 most of the people in our house got Covid. The few family-friends who came to attend a birthday during that time also got Covid. So, we were all in all about 9 people under Covid distress, and in a teleconference with Dr. KK every morning. Dr. Prachi and Dr. KK presided over our treatment through zoom. He gave us a very simple prescription. This is at a time when the entire world was running after drugs that greatly altered metabolism and body chemistry. We were there every morning speaking to him and delivering reports while our relatives were taking long prescriptions with IVs. The wait on the zoom meetings was roughly 30 minutes to one hour, but it was well worth the advice and those 10 seconds. The others in the peer group, not being attended by Dr. KK used to be concerned at the treatment that we are getting from him, since he did not prescribe methylprednisolone, running at the same level of infection.

We all got better with his prescription, and today his prescription of 5-6 medicines has become the most widely circulated prescription, at least in our circles. I'm sure it's the most widely circulated Ilaaj for Covid in India and is very effective. Like any senior doctor, Dr. KK would take a look at you and tell you the state of being. Then he would inspect and make you introspect. At times that used to be 50% of the cure. As Dr. Harish Diwan a very well-known homeopathy Doctor at Hanuman Road, New Delhi used to say – I prescribe, He cures. So did Dr. KK.



**ONE INTERESTING THING ABOUT DR. KK WAS THE SHELVES FULL OF PRIZES, MEDALS, AND TROPHIES THAT HE RECEIVED AT FUNCTIONS. AT THE** TIME OF WAITING AT ANY ONE OF HIS CLINICS DURING THE SO MANY YEARS, I USED TO READ WHO GAVE THEM TO HIM, IN THAT LONG SHELF 6 FT HIGH AND SEEMINGLY A MILE LONG.

Once I visited Dr. KK at his East of Kailash residence. His daughter is quite a media-savvy person and I had the good fortune to meet her. At his residence, he had so many patients who were being prescribed medicines, without any fees. I also don't remember paying him a fee for his asking, for a long time, though there were donations sent to his foundation. It was an amazing experience since you could walk into his clinic early in the morning, wait for him to finish his sessions on his laptop, and start discussing the problem. And this is not just now but has been so for almost last 20 years. I remember waiting outside his Moolchand room, where he would attend patients even in the corridor. From what used to appear at the time of sitting down waiting for him, he helped a lot of people in matters of ailments of the body, the head, and the heart by a genuine need of his own, for the well-being of the person.

It would be a debate between a lot of people who knew him closely, and benefited from him, who were his audience, whether he worked for the benefit of a person or for the benefit of society. One interesting thing about Dr. KK was the shelves full of prizes, medals, and trophies that he received at functions. At the time of waiting at any one of his clinics during the so many years, I used to read who gave them to him, in that long shelf 6 ft high and seemingly a mile long.

During his days at the Moolchand hospital, at another time when people in my family were hospitalized, he used to come to the bed, sit cross-legged in a very different position, and speak to the patient, my grandparent, about different things. As mentioned, that was 50% of the cure. The very sight of him used to be self-assuring. Though a person of small words when it came to medical diagnosis, he had essays on life to be narrated to the same person. It appears that could have been the rest of the cure. His medical prescriptions were short, precise, worked, and were also written in good handwriting.

## MAGICIAN FOR PEOPLE

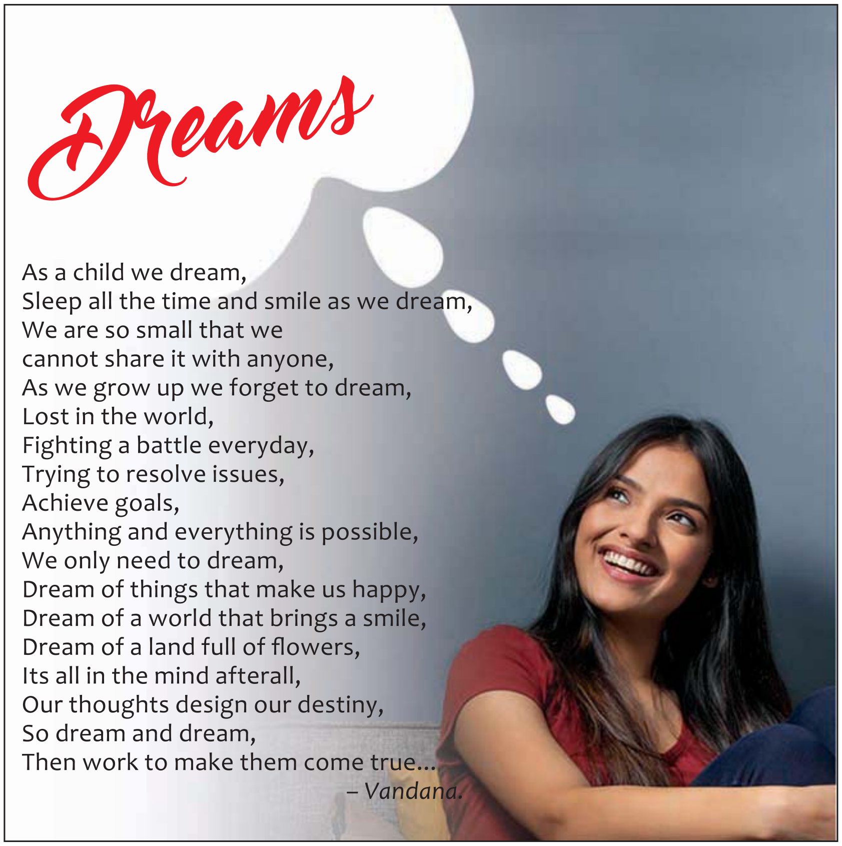
I have known him personally since 1990 onwards. He treated over 35 near dear ones, and I have seen him in many phases. Dr. KK was hospitalized at #AIIMS for varicose veins, and as per his own accounts, he had almost lost his life. This was maybe 12 to 15 years back. He came back to treat us all during this difficult time. Dr. KK was a magician for people who had faith in him and in his medicine. It appears that both the matters are interconnected and people do not realize when they go to a doctor that they need to have faith. Again, God has got nothing to do with it, and it is the medicine that has to work not only as body chemistry but as a general system of healing.

Another interesting incident that I would like to share, for it not to be lost in oblivion and for the want of privacy, is the way he was a supporting doctor to so many other doctors who obviously knew him very well. This was the case of a mother and child, The mother being pregnant with the child and having infected with a terrible bronchial condition. #Dr. Prabha Manchanda a very senior gynaecologist in Delhi attending to the mother who had the dilemma of saving either the mother or the child. I consulted Dr. KK. We all sat down and made a plan. Without going into the nitty-gritty here, and details of the plan, which may sound like an American scene of an American drama, I would like to say that both the mother and child were saved, by the resulting very unique medication process, which otherwise would not have been administered, in normal pregnancies.

And then there was this case of my grandfather, who was 84 and broke his hip bone. We took him directly to Moolchand, and Dr. KK. He lined up Dr. Arora to do the operation. Since my grandfather was 84, the hospital was reluctant. We made an amendment saying that the age was only 75. Under the guidance of these two eminent doctors, his hip was replaced, and he lived till the age of 99, walking almost till his last days.

For me, he always insisted on regular exercise, breathing, yoga et cetera since he diagnosed my father who had a heart condition. Now that I think about it subconsciously, that helps me to continue doing yoga. Dr. KK did advise people out of turn, which was often the case with me. I'm sure others have had a similar experience. One of my regrets remains that I could not get my father treated at the hands of Dr. KK.

To say that I am sad at his departure would be falling a lot short of the actual emotion. To say that the medical world has lost a great doctor would also be short. To say that we have lost a Doctor who along with being a medical professional, was also a great human will still be short. Dr. KK was a celebration of life and he treated his patients as his own. A person who was full of emotion, but never displayed it with but a short precise medical diagnosis, will always be fondly remembered for those who were treated by him, and for those who are close to him and listen to him. To find another Dr. KK in this lifetime seems quite not possible. Medicine will go on and people will get cured but the Dr. KK effect will be missing. On a final note, my last walk with him was in the herbal garden at his present Asiad Village residence, and those are good memories. End.



## Dreams

As a child we dream,
Sleep all the time and smile as we dream,
We are so small that we
cannot share it with anyone,
As we grow up we forget to dream,
Lost in the world,
Fighting a battle everyday,
Trying to resolve issues,
Achieve goals,
Anything and everything is possible,
We only need to dream,
Dream of things that make us happy,
Dream of a world that brings a smile,
Dream of a land full of flowers,
Its all in the mind afterall,
Our thoughts design our destiny,
So dream and dream,
Then work to make them come true...

*– Vandana.*

# Beauty Queries

# Q & A

Please tell me the causes of dry skin on the face. I have a fair complexion but it looks flaky and whitish because of dryness. How do I heal this, preferably with simple home remedies ? I am a 25-year-old newly married girl who has recently moved to Delhi from Tiruvanthapuram.

One of the reasons for your facial dry skin could be the change of climatic conditions you are now facing in Delhi. The Capital has a dry climate with very little humidity which causes skin dehydration in many people. This causes dry skin too, Kerala, on the contrary, has very warm and humid weather which does not need any help to keep skin supple and soft.

Skin which does not produce adequate sebum too becomes dry and flaky and at times even bumpy and itchy. Cold weather too accelerates dryness in facial skin. If your soap contains harsh chemicals, it could lead to scaly dry skin. Exposure to too much sunlight and ultra violet rays or smoking too damages skin texture.

Health issues like diabetes and hyperthyroidism can also be the causes.To counteract facial dryness, moisturise skin frequently with lotions or creams which hyaluronic acid, ceramides or colloidal oats.

Avoid products with alcohol and harsh fragrances or colours. Dry large amounts of liquids. Avoid sunlight and use a sunscreen cream or lotion when venturing out. Massage your face with cocoanut oil before washing it. These measures will surely help to make your skin supple and smooth.

●

Although I am 24 years old, I have chubby cheeks! My friends say it makes me look cute.But this is not how I want to look. I want my facial features to be sharp and chiselled with high cheek bones. Please tell me what I can do to achieve this.

Chubby cheeks may, indeed, look "cute"but it does not give you the fashionable chiselled look! Do not worry though, there are several ways of making your face look svelter . Firstly, as chubbiness in cheeks is usually part of a plump physique, if this is your issue, losing a few kilos can help you.

There a few face exercises which guarantee slimming of the face. Start by sucking in cheeks as much as possible, and then lift your face as far back you can. At the same time, push your lower lip over the top one. When doing this, you will feel a distinct stretching of your cheek muscles. Hold for a count of 10. Relax. Repeat 5 times.Daily.

Wear your hair in such a way that your cheeks are partially hidden and look thinner. Pile your hair more on the top of your head than the sides. Or wear your hair long on the sides and cover part of the sides of face with it. Avoid pulling hair tightly from the face as this will exaggerate the plumpness of your cheeks.

One more saratorial tip: If you fashion deep narrow V-necks for your top garments, it will make your face look dramatically thinner. Avoid broad necklines. Clever makeup can create an illusion . Use darker makeup on the sides of your cheeks which will do the trick. You can consult a beautician to help you learn some techniques which will help you.

●

I am only 33 years old but have a few grey hairs at the back of my head. I am not sure if I should just let them be or colour all my hair. Is it safe to use dye at this early age? Please advise.

Nowadays, good dyes are without ammonia and other harsh chemicals and do not damage hair even at your age. Indeed,many hair colours contain helpful softening and nourishing agents which benefit your hair.

But to dye your whole head just to hide a few hairs is not advisable. Just ignore it for the time being. You can use hair colour later on. This could be a hereditary feature too. Do your parents or siblings too have this problem of premature greying? Have a healthy diet rich in iron and zinc. Avoid harsh salon treatments, and massage your scalp once a week with warm cocoanut or olive oil. This can help to slow the greying.

●

I have a pretty face but I don't like my lips as these are thin, and I long to have full, plump lips. How can I deal with this problem? I am a 35- year- old woman living in Kolkata. Please help.

Thin lips have many causes. Heridity controls many of our physical features, so if thin lips run in your family, it is quite understandable that you too have these. Loss of collagen, usually due to age, is another cause. Over exposure to the sun's ultra violet rays also causes lips to dry and shrink. Poor nutrition, smoking and drink can also make lips lose colour and body.

The quickest and most effective method to rectify thin lips is cosmetic surgery. Botox injections, hyaluronic acid lip fillers are usually injected into lips to plump them up. laser therapy also helps.

Make a mixture of milk cream and crystal sugar and rub into lips daily for 5 minutes. This helps to remove dead cells, and encourage circulation. Always us a lip balm contain SPF when going out to shield against UV rays. These measures should help you get fuller lips in a short time.

Readers are invited to send their beauty problems and questions regarding face, complexion, hair, skin, eyes, etc to this column.
Address your letters, written legibly or typed on white paper, to:
**WOMAN'S ERA** E-3, Jhandewala Estate, New Delhi-110 055.

# Slay In Diva Shades!

## Amazing Wardrobe Essentials for Teen Girls.

By Rama

Did you want to have the perfect wardrobe with just the right amount of variety and fashion? Dressing up is one of the most exciting things about being a teenager. And the best part of being a teen in India is that you get to play around with a stunning variety of styles for occasions and venues as diverse as a Family gathering to party all night outfits to festive season. A few ladies imagine that purchasing an excess of in vogue design garments will help in making an up-to-date and stylish closet. Yet, purchasing too many garments and extras can put a great deal of strain on the spending plan, so it is smarter to purchase shrewdly. Everybody loves to stay aware of the most recent patterns and consistently pick the one which causes you to feel good. There are no exacting guidelines that direct your fashion design sense, and it is imperative to keep some significant assortments and basic things that are a significant piece of the closet.

## Here are a segment of the things which are essential for any young lady's closet.

### Complimenting Pair of Jeans

Having some thin pants is an absolute necessity for each young lady. Try not to stress if individuals disapprove of you for having the pants. Having the pants is exceptionally helpful on the grounds that you can combine them with any top or shirt and make another and solid look. It permits you to sleek by changing the tops and matching it with pants. Pick the kind of the pants as per your body type. Ensure that you pick the one which fits you consummately and is complimenting to your body type. Having an ideal pair of pants is essential since it will help in remaining popular and in trend.

### Denim Jacket

Like your number one sets of pants, a denim Jacket goes with everything, and it's an extraordinary layering piece for cool summer evenings, cold fall days, or in any event, when you need an additional layer in the colder time of year.

### Basic T-Shirts

Having a basic T-shirt in an essential tone is an outright essential for your closet. You can pick the shading which can set your temperament. The shading the vast majority of individuals need is either white or dark. You need these shirts with a planned neck area. The majority of individuals like to have a V-formed neck area. You can generally try different things with different shadings like the luminous tones like pink or sky blue or black. In case that you prefer not to pick a dress you can simply match the essential shirt with some pants. You needn't bother with extras with these energetic tones.

### Fitted Blazers

Regardless of what the season is it is critical to have fitted overcoats. You can wear them during the proper events. You can likewise wear them on easygoing events. You can just put them on over your pair of pants and make a popular look. A fitted overcoat is a decent decision since it can supplement any outfit. It is smarter to pick unbiased shading that goes most of the way to the hip since it will supplement the bends and make a thinning impact. It is a essential garment since it works out positively for anything in your wardrobe.

### How About Pair of Ballet Flats?

These shoes are additionally an absolute necessity for a young lady's closet. Flats are great in the event that you need something that is more cleaned than shoes and is considerably more agreeable than heels. Flats are an unquestionable requirement for when you need something more cleaned than shoes yet more comfortable than heels. A charming pair of artful dance flats makes even the most distress pants look stylish, and look adorable with dresses, as well. Obviously, dark and bare are the most adaptable choices, yet snakeskin or panther print can be dealt with like neutrals and look too stylish.

## Statement Necklace

Your teen closet is incomplete without a piece of jewelry. Wear pendants, earrings or necklace, but make sure you team it with the right attire as there is a whole world of charming jewels waiting for you to be adorned.

## Regular Studs

Little exemplary studs go with everything and scrutinize a score. They are a great extra for your day by day look. These little studs are a decent choice since they work out in a good way for a wide range of garments and they can give an edge to your look. The little size of the studs helps in having a laid back look. Yu can have the ones with sparkly shades and wear them with party dresses.

## A Cute Sling Bag

You ought to put all the essential makeup into a charming little sling bag which you can take with you all over. Attempt to purchase a bag which has neutral tones since it will help in making it with the entirety of your garments. You can take it to work or a gathering. It is smarter to pick the one which has straps so you can get your hands free when you need them.

**YOU OUGHT TO PUT ALL THE ESSENTIAL MAKEUP INTO A CHARMING LITTLE SLING BAG WHICH YOU** CAN TAKE WITH YOU ALL OVER. ATTEMPT TO PURCHASE A BAG WHICH HAS NEUTRAL TONES.

## Bra That Fits

The benefit of perfect fitted bra can change your whole closet, making tops, dresses, and more look and fit better. The correct size bra will not bundle up or pull across, besides, the ties will wait. A T-shirt bra with softly lined cups is your smartest choice, so it looks smooth under fitted tops. Pick a style in your skin tone, and it'll work under any shading shirt (in contrast to white, which sparkles under dark shirts and shows under white shirts!).

## Tote

As charming as that emoticon rucksack is, now and then you need something more profesh, as for a major meeting, or a temporary job. A spacious sack in an organized material will accommodate your PC and a difference in garments when you're running from class to your work study work. Pick ageless shading like dark, and slay like a diva at work.

# *Keep it Off!*

## Why People Tend To Regain Weight?

By Himshikha Shukla

Imagine yourself sweating it out in the gym or sticking to a strict diet regimen consistently to reach your ideal weight goal. Losing weight and keeping it off, in the long run, are two different end goals. Fret not! It just takes a few scientifically-backed tweaks and consistent efforts to maintain that elusive weight goal. Don't celebrate just yet for knocking off the extra kilos successfully, but instead be on your guard to prevent that inevitable regain. It is time to adopt some painless and practical strategies to make your weight loss success story last long.

There is no 'one size fits all' weight loss solution as every person's metabolism is different, and it responds differently to lifestyle changes, so here are a few useful tips to lose weight and keep the fear of bounce back at bay. Go ahead and follow the advice that appeals to you the most. Good luck!

Extreme or fad diets often result in quick weight loss, but they may slow down your metabolism over time and eventually result in weight gain. In other cases, people see diet as a quick-fix and often give up as soon as they achieve their ideal weight, resulting in regaining their earlier kilos. So, instead of focusing on diet or exercise rules, adopt healthy habits and make lifestyle changes that help you, in the long run, to maintain a fit body.

> **DON'T CELEBRATE JUST YET FOR KNOCKING OFF THE EXTRA KILOS SUCCESSFULLY,** BUT INSTEAD BE ON YOUR GUARD TO PREVENT THAT INEVITABLE REGAIN.

### Eat a hearty breakfast

Research studies show that eating a wholesome breakfast helps you feel energetic and satiated throughout the day. If you are in a rush, grab a bowl of whole-grain cereals topped with seasonal fruits or drink a glass of low-fat smoothie to kick-start your day. Skipping your breakfast is a strict no-no as it will lead to binge eating throughout the day.

### Choose an active lifestyle

Run your errands on foot, use the staircase, shake your legs with your kids, hit the gym, go for a swim, cycle your way to work, in short, exercise whenever you can to burn off those extra calories and boost your metabolism. Any consistent physical activity such as brisk walking, strength training, cardio and weight lifting is an absolute must for maintaining optimal weight. The key is to follow a fitness routine for at least 30 minutes a day, five times a week.

### Include more protein in your diet

Increasing your protein consumption has multiple benefits. It can help you lose weight, preserve your health and build muscle mass. A high-protein diet can reduce food cravings by up to 60% and make you feel full for longer hours than usual. Further, you burn more calories in digesting protein-rich foods.

### Manage your emotional triggers

Are you eating out of boredom? Does food calm you down if you are under stress? Do you often overeat if you skip a meal? We turn to comfort food to satiate emotional triggers due to stress, loneliness, boredom or low blood sugar. It is crucial to curb your mood swings to prevent eating disorders and avoid derailing your weight loss journey.

Now, hurry up and start making healthy choices to keep obesity away. You may find being health-conscious overwhelming at first, but it will soon become your second nature as you get used to being fit. So, keep up the good work and keep that weight off! We

# One Child Notion

## The rise of the only child. By Sujatha Rao

During 1980s "Hum Do, Hamare Do" (We Two, Ours Two) was a popular campaign that ran across the country in India to promote the two child policy. While there is no national two child campaign as of now, in some states, there are certain local policies aimed at politicians, that prohibit them to contest in Panchayat elections if they have >2 children. The premise of this policy seems to stem out of the thought that Politicians are to act as role models for the rest of the society, which is in itself highly suspect, given the fact that a reasonable chunk of our politicians have a criminal record of some kind or the other.

Once in a while, a debate arises whether we should have such a national policy to restrict the number of children to two or even one, against the backdrop of rising population in India which may as well make the country number One in terms of population numbers by overtaking China in the future.

Let's try to examine this issue in detail. Is it as simple an issue as it seems? Is the "One child notion" a panacea for the population problems of our country?

Fortunately for us, we already have China to serve as an example of study for us. China's experiment with "One Child Policy" would be very relevant to our country since

(a) India is the second most populous country;

(b) India has some similarities with this Asian counterpart in terms of its gender biases and rich cultural heritage and long legacy issues.

## One Child Policy of China

Chinese leader Deng Xiaoping introduced the one-child policy in 1979 to curb the population growth which was estimated at 970 million at the time and this policy was one of the most ambitious government initiated birth control projects in the history of mankind.

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## Successes of the Policy

***Lowering of the birth rate:*** The policy was successful in bringing the birth ratio to just 1.7 (as of 2018) by preventing an estimated 400 million births.

***Economic growth:*** While Chinese economy definitely improved over the last three decades at a very fast pace, how much of it can be attributed to the One Child Policy is somewhat questionable according to a lot of analysts.

## Issues of the Policy

***Human rights violations:*** The policy became highly controversial and criticized for the state's levy of hefty penalties, forced abortions and sterilizations of millions of women in order to strictly implement the One Child Policy.

***Gender Imbalance:*** Due to its cultural preference for male offspring, the one-child policy resulted into a huge gender imbalance, as many people resorted to aborting the female child, despite the sex-selective abortion being illegal in the country.

In 2019, the country had a gender ratio of 114 males for every 100 females born, translating to about 30 million more men than women. Globally, the average sex ratio at birth is about 105 boys for every 100 girls.

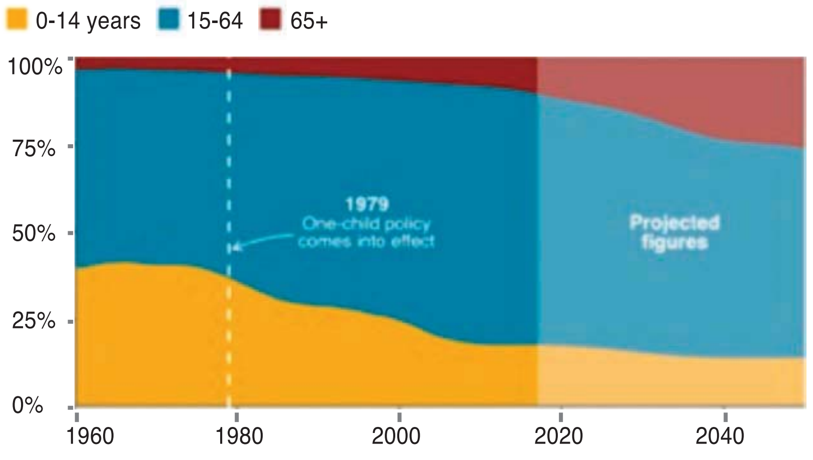
***Aging Population:*** The flip side of the Policy is that China is projected to have 34.6% of people over the age of 60 by the year 2050.

91% of all the children born in 1983 were "single children" as opposed to 27% in the 1975. While this has pampered the "little emperors" with the doting attention of six adults comprising of four grandparents & two parents, a lot of concern is raised over "4-2-1" family structure, when it would be time for that 'grown up emperor' to support all of them, severely straining the availability of old age support at the individual family level.

The following data from the World Bank highlights this issue quite clearly.

**Breakdown of China's population by age group**

Proportion of total population (1960-2050)

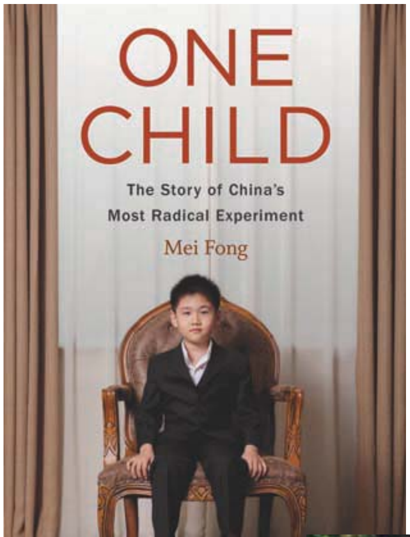


**Source: The world Bank**

China's aging population issue is different from that of the other more developed countries, like Japan, Jacques deLisle, a Penn Law faculty who is an expert on Chinese Law pointed out. "China is facing the problem of becoming gray before it becomes rich."

***Workforce shrinkage:*** The number of people entering China's labor force has been declining, and the rate of decline is only expected to accelerate during the coming decades. The rise in the aged population and the drop in the workforce finally led to the Government's relaxation of the one-child policy in 2015.

***Non-healing Wounds:*** While all the above numbers speak for themselves, the damage goes beyond mere numbers. The impact of the coercive practices that led to the killing of either fetuses or the new born children, left behind in its blood-stained trail, wounds that refuse to heal even after so many decades. Families, especially women, are still paying the price for the gender discriminatory and abusive practices that rocked the nation during the reign of this policy.

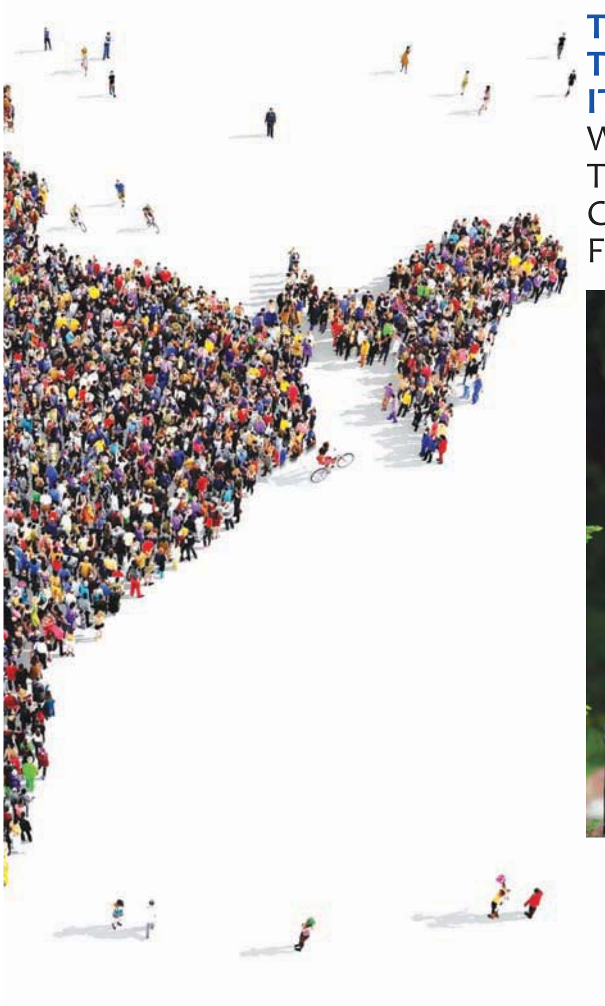


## What does this mean to India?

After learning about the disastrous effects of this policy in China, it is definitely not prudent to tread the path of such draconian measures for our country which is already reeling under the discriminatory practices of adverse gender selection even without such a policy.

Though India is riding the positive side of the Demographic Dividend right now, soon it shall cross the point where the country would get saddled with aged population. The one child policy would make the country reach that inflection point faster.

**THOUGH INDIA IS RIDING THE POSITIVE SIDE OF THE DEMOGRAPHIC DIVIDEND RIGHT NOW, SOON IT SHALL CROSS THE POINT WHERE THE** COUNTRY WOULD GET SADDLED WITH AGED POPULATION. THE ONE CHILD POLICY WOULD MAKE THE COUNTRY REACH THAT INFLECTION POINT FASTER.



## What should one do?

It's worth its money to focus on educating the population, especially the girl children, in large numbers. Because statistics indicate that across the educated families, the two child norm has already kicked in.

With the increase in the literacy levels and the growing number of women going out to work, it's also being noticed that most of the families are increasingly resorting to having only one child.

At the national level, such a trend may ultimately result into the very same issues that we have seen in China. But at the same time forcing people to have more children is not going to be the right solution either.

As Pulitzer Prize winning journalist Mei Fong said in her book 'One Child Nation: The Story of China's Most Radical Experiment' "I gradually realized it is not about giving birth to one or two children. It is about people making their own decisions."

At an individual family level, siblings are an essential part of a child's growth. Many a time, siblings grow into their adulthood becoming best of friends and they fall back on each other in times of need. Depriving children of this fundamental need doesn't come across as the right thing to do.

Children having siblings often learn to share things amongst themselves quite naturally, and sharing as we know, is the fabric that binds a healthy society together.

## Can we "adopt" a better practice?

Against this backdrop, it appears that there are no easy solutions to this complex issue both at the national and at an individual family level.

Along with improving the literacy levels, it seems that there is something else the Government could focus on that might end up benefiting one and all.

And that would be improving the state of healthy adoptions in the country.

A couple of things that can be targeted in this regard are:

(a) Bringing in reforms in the laws so that the process of adoption is made easier;

(b) Running campaigns in favour of adoptions through appropriate forums. Perhaps people like Sushmita Sen (who adopted two girl children), could become brand ambassadors for such campaigns. These practices may help improve the percentage of the willing couples with single or no children to adopt a child, resulting in a win-win situation for the adopted child as well as the foster parents.

It would also benefit the nation at large by keeping the population in check, improving the economy of the country in its wake and also providing a caring home for the children who are in need of the same, simultaneously preventing a large chunk of them from becoming anti-social elements later on in life.

After all, every child, irrespective of its age and gender deserves the love and stability that a family can offer. We need to remember that the child had no say in its being born. It is the responsibility of the society to take care of them, now that they are here.

As somebody rightly said, adopting one child may not change the world, but for that one child, the world will change for the better forever.

*Fresh Summer Collection*

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**About Nino Bambino**

Nino Bambino is one of a kind certified organic kids wear e-commerce brand dedicatedly manufacturing comfortable, stylish, low-cost organic clothing for kids.

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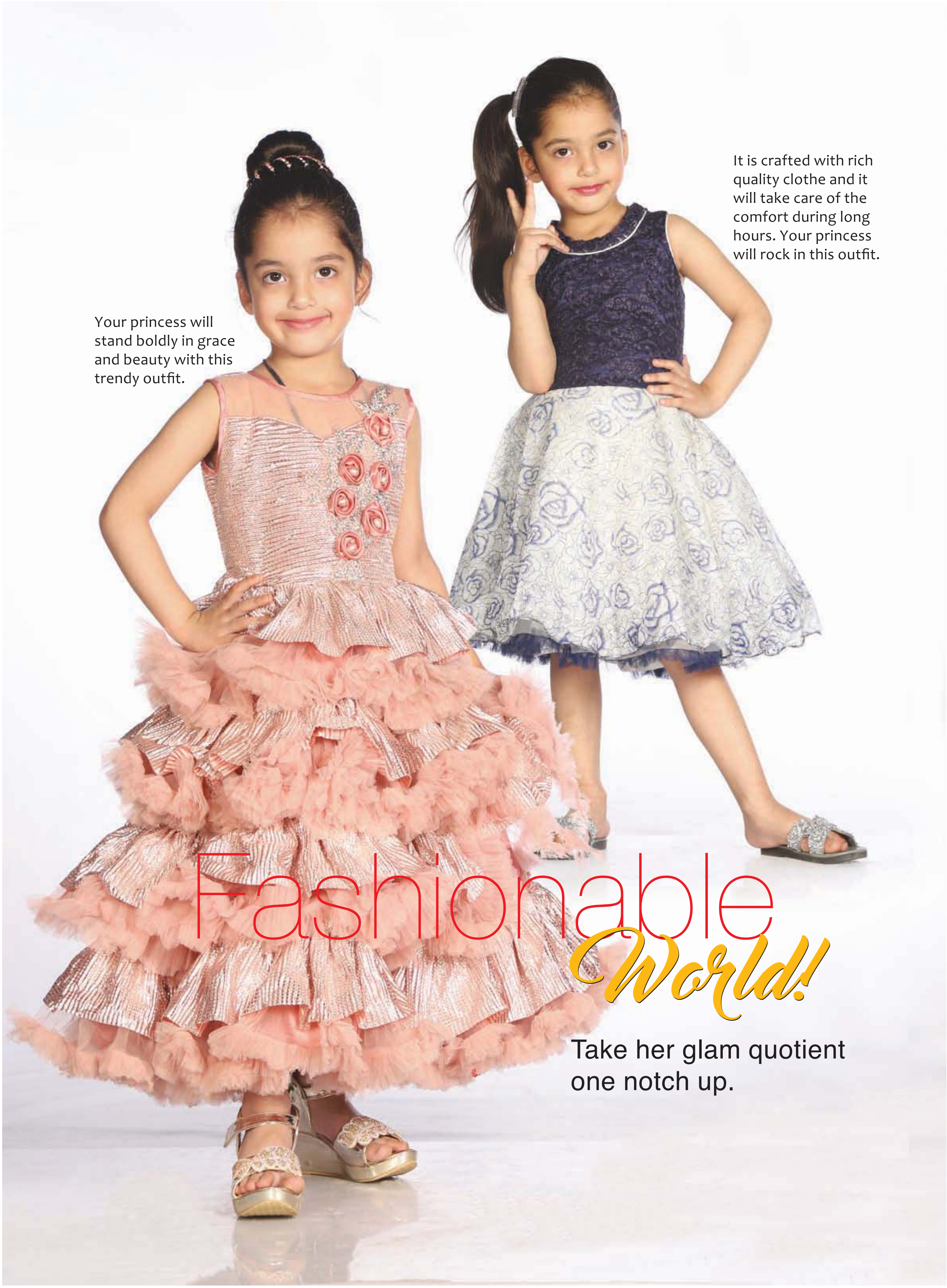
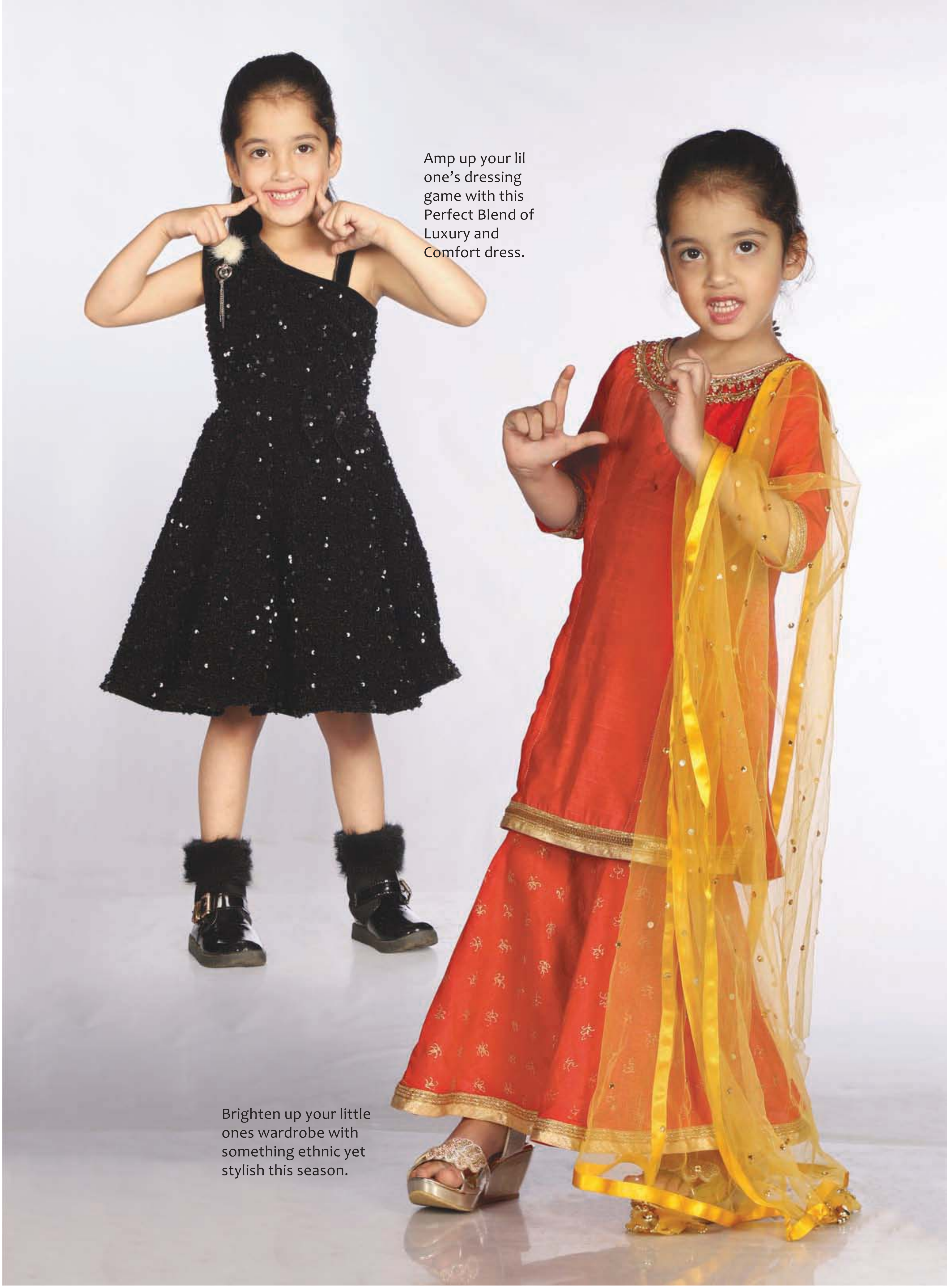


It is crafted with rich quality clothe and it will take care of the comfort during long hours. Your princess will rock in this outfit.

Your princess will stand boldly in grace and beauty with this trendy outfit.

# Fashionable World!

Take her glam quotient one notch up.



Amp up your lil one’s dressing game with this Perfect Blend of Luxury and Comfort dress.

Brighten up your little ones wardrobe with something ethnic yet stylish this season.

# Go For It, Girl!

## Be the girl who take decisions for her career

By Kanchan S. Mishra

Many Indian girls are exploring unconventional career options; but is it always a good thing to do? These days more and more people are looking at unique or unconventional career options. Many of these careers appear lucrative as they are less explored, while in some cases the person pursuing them may be passionate about that particular vocation.

The tendency for students to appear for medical and entrance exams en masse is slowly becoming a thing of the past as they explore newer career roles. It is, therefore, no surprise that girls are avoiding getting pigeonholed into traditional careers like teaching, nursing, administration etc. and moving on to more challenging or offbeat roles.

Girls are bringing home the gold and much like everything else in life, they are prepared to throw stereotypes over the bridge and cause the beginning of a new era. Girls are forming everlasting legacies in a plethora of undiscovered fields and professions, and here are a few that you may not have heard about.

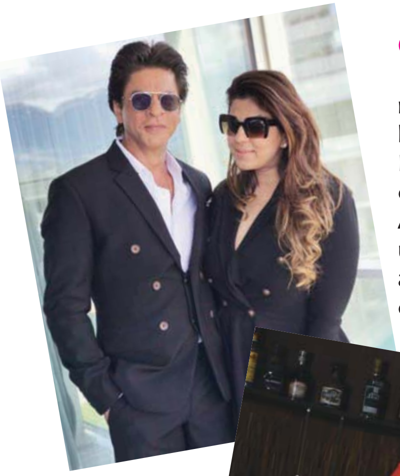
## Biking

India as a society is biased against female riders, and motorcycling has always been associated with men. Even the manufacturers' marketing campaigns of motorcycles ooze machismo and show little interest in the fairer sex. But society is evolving and we can see a lot more female bikers who are pursuing riding as a career of their choice. The numbers of female bikers are on the rise; we can see this by reading about the remarkable journeys of these fabulous girls. More and more girls are getting inspired to take up biking professionally and for leisure.

## Mountaineering

Mountaineering is one of the toughest – but also one of the most satisfying – careers one can think of. It requires a lot of strength, skill, and stamina to scale heights, and most importantly, it requires one to smash stereotypes. Mountaineering is still considered to be a male bastion but girls like Premlata Agarwal, Santosh Yadav, and Arunima Sinha have made India proud in the field of mountaineering and encouraged other girls to follow this career path.

GIRLS ARE BRINGING HOME THE GOLD AND MUCH LIKE EVERYTHING ELSE IN LIFE, THEY ARE PREPARED TO THROW STEREOTYPES OVER THE BRIDGE AND CAUSE THE BEGINNING OF A NEW ERA. GIRLS ARE FORMING EVERLASTING LEGACIES IN A PLETHORA OF UNDISCOVERED FIELDS AND PROFESSIONS.



## Celebrity manager

For any star-struck teenager, becoming a celebrity manager can be a dream come true. What if you become one and get to manage your favourite star? Female celebrity managers have managed even top celebrities like Shah Rukh Khan, Aamir Khan, and Akshay Kumar, so although it may be offbeat, it is not unexplored territory. But female celebrity managers are a relatively recent phenomenon, as not many celebs had female managers in the past.

## Bartending

For some unfathomable reason, bartending has always been considered a 'man's job' in India. While international students paying off their loans overseas take up part-time jobs as bartenders to earn the keep, the system is still considered uncouth and alien to us in India. However, one girl decided to brave the raised eyebrows and half-turned faces, when she took to controlling the bar.

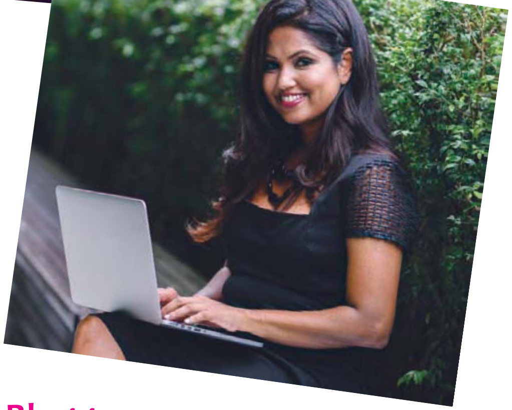
## Firefighting

Cinema has had us objectifying male firefighters for decades now. Our idea of macho men with good bodies and strong arms, saving the damsels in distress has been more than a passing fancy for most girls. However, the need to break through this male-dominated profession rose as high as the flames they counter and this is what female firefighters are set out to do.

## Diving

If you love spending time in the water, diving can be an exciting career option. It is a financially rewarding profession, particularly for those who are paid for their diving skills to assist tourists or for industrial purposes. Many institutes give you the necessary training and you have a variety of career options – scuba diver, snorkeler, diving instructor, deep sea diver, etc.

**THE TRADITIONAL WORKPLACE – LARGE ORGANIZATIONS, USUALLY WITH MEN AT LEADING POSITIONS – IS** ALIGNED WITH THE PATRIARCHAL SYSTEM. WE NEED CHANGE BOTH FROM WITHIN AND WITHOUT.



## Fashion photographer

Girls are mostly seen as models in front of the camera, and fashion photography is mainly dominated by ace male photographers. But these days, it is emerging as a popular career choice among girls as well. Fashion photography is a great career for someone who is creatively inclined and wants to capture the beauty of fashion. If the camera interests you, you should learn more about handling it and see if you have the talent and inclination to make a career out of fashion photography. There are diploma courses that can help you develop the technical side of fashion photography.

## Blogger

Blogging is a trendy alternative career option for girls that emerged in the last decade or so. It is a profession that has the potential of bringing in a lot of money and offers excellent work-life balance. You can blog from the comfort of your home, but there's a lot of hard work, planning, and perseverance involved in becoming a successful blogger. Blogging is all about expressing your views and opinions about people, places, objects – pretty much anything that interest you. You can focus on subjects that interest you; such as video blogging, travel blogging, literature, food, politics etc.

The rewards of seeking your own path are obvious: the joy of doing work you love, the freedom of being your own boss, the deep satisfaction from building something your customers will value.

## But are the risks worth it?

The most obvious risk is financial. An unconventional career is less likely to yield a stable income, at least at the beginning.

A friend who freelances with not-for-profit organizations pointed out that a husband's income isn't absolute.

I agree; disability, divorce, death, or unemployment can suddenly reduce or eliminate the income. Even unconventional careers should make you capable of paying the bills (in a few years, if not right now).

Another risk is failure. What if your business fails, or you can't find enough freelance work, or you realize you're not cut out for social work?

But at least you've learned something, about the industry or about yourself. Such experiences are never a waste of time, in my opinion. And you'll reduce the risk if you do your research beforehand and give your decision enough time and thought.

By opting out of the system, are you eliminating the chance of changing it? If girls allow themselves to be pushed off the conventional career path, are we making change less likely, making it more difficult for other girls?

Or are we changing the system anyway, by building alternatives to traditional, sexist work environments? Successful girls entrepreneurs and freelancers demonstrate that there are other ways.

Girls business heads can set up more fair practices and have better workplaces.

These would be bigger, better changes, in my opinion, than trying to change sexist policies or habits ingrained in conservative workplaces (and changes on the outside will then influence these as well).

The traditional workplace – large organizations, usually with men at leading positions – is aligned with the patriarchal system.

We need change both from within and without. New ways of working and new career avenues can help shift the balance of power.

We're living in an age where girls are bringing home the gold. Girls have started creating history in fields which men once considered their divine birth-right.

With a collective pledge to break the glass ceiling, they have taken to proving their worth and showing the world that for them, the orthodox limitations of the 'kitchen' has been replaced by an ocean of delightful possibilities.

## Relax It's Sunday

It's a lovely Sunday morning
Am enjoying being lazy and lying down on bed

Listening to the chirping of birds, myna, parrot and keell

Touched by the golden sun rays
Piercing through my window

Enveloped by greenery
All around in each of the rooms

Never can I feel
Lonely and down

With such a bounty of
Majestic nature around

I am blessed and grateful truly to have this
Immense wealth all through

Indeed it's a wonderful SUNDAY
Morning

*– Parul Negi.*

The incident i cannot forget

## On blowing love

I used to chat with a boy, who was senior to me in college... spent hours chatting with him daily... and a day came when he proposed me as I liked him.... I accepted his proposal... from that day onwards I started loving him with all my heart... he loved me the most....The relationship was going fine and as he was in the final year of college he didn't want to open up in front of everyone... it was fine with me.... I too supported him... gave him space... but he behaved foolishly sometimes... hurting me. I used to forgive him each time..... spent time together... used to spend time on skype for hours together, had a great time of my life... took my life seriously everything was going fine.

Then came the summer vacation... our chatting and talking has to be limited.... it was in June when nothing is well....its on June 20th when he texted me some stupid stuff ... that he's taking me for granted....he was broken with those disgusting texts... and he told me to leave him....I was heart broken... and he came to know how i was effected through my family and friends... he texted me that “we'll take a break for 2 years, study and get settled”. I was ok, with that... started talking on phone everyday... but only for a few minutes.

On September 12th....this was the day he broke up with me....I was shattered... couldn't move onnn....I started hating him and my anger aroused... as he told that he lost love on me.... after a month he was admitted in hospital due to an accident... which I came to know from another senior, it was at 11:40 p.m.. I was tensed and rushed to the hospital immediately..... talked to him... brought him something to eat... spent some time with him.... then I returned to my hostel. My friend asked “u were so angry on him then why did u rush to the hospital?”. Then I cried in front of her bitterly... I couldn't bear myself seeing him in the hospital.... There is a lot of love inside which was covered by anger outside, I couldn't sleep the whole night, I was awake. The next day morning I went to the hospital again to see him..then left to college and in the evening I thought of going to him... I called him... but his friend lifted the call... I told to give the phone to him... he told me that “he's not interested to talk to me”. hearing this I was completely broken.

Days passed, we were strangers now... it became too difficult for me to stay in college... I decided to leave the college mid way..applied for another one. ... started preparing for it and I made sure that my friends don't know about it. After horrible 5th semester exams, It was time to go home I packed everything was sad inside, leaving friends. I boarded the train and a desire came up to my heart that I want to see him once. So... I got down at Delhi as he was boarding the train for Mumbai next day . My friends came to know that I was leaving college , they were shocked... I became toooo stubborn to leave college, they talked with him about this.....he came to talk with me....he convinced me and I gave him a fake promise. I was not convinced, got down at my stop.

I some how convinced my parents about leaving the college,I was heart broken and sad. I told what all happened from the beginning. They have never seen me suffering like that, my parents became so sad. Because of me my parents started fighting, harsh words were exchanged between them when I was asleep, though I was not .I was only pretending to asleep but was listening and dying inside. Thoughts spammed me “Is this worth, making feel him guilty in college”, “Is this what I loved”.

I attempted suicide, I took poison, layed unconscious for few days, I was alive. During this time he was updated about my condition through my friend. My friend told me that he was toooo tensed about me. One fine day I got a text from him, I felt so happy after a long time. I returned back to my college with only one intention that he shouldn't feel guity for this, started working on my projects as I was computer hobbyist. We used to text rarely.

I got some international reputation for my projects. I am now at present in my final year, placed in a reputed company. I became so stonehearted that all my friends and family were happy for me for getting a job, but I didn't . Even get a smile on my face,which shows completely that I became a stone.

Now, not even a single day goes without thinking about him, building up courage to live and love.I miss him every second. I became so lonely though m independent.Now We both are from the same department, I peep through my windows to see him daily.I am the one who always initiate a chat. The day we chat , brings a big smile on my face and on that day I sleep peacefully. I cry a lot, sometimes whole night. I read our previous chats daily, and cry.Above all ,I have turned out to be a better person than before.

For sure he loved me like hell, I can tell that from all my heart . I was the one who had hurt him a lot. I regret and repent this that It was not he, it was me who took him and his love for granted. We'll know the importance, when we lose the person whom we love the most. Am going through a lot of pain, but its all worth and it feels good loving him.

I'll love him till my last breath.

Hope someday we'll be together...

*– Monika Agarwal, Moradabad*

How I Saved
My Marriage

# Above and Beyond!

We When my marriage was on the brink of divorce, I tried going to a marriage counselor, but that didn't get my marriage in any better shape. It didn't make my husband show interest in me like I wanted him to, I wanted him to realize my worth and how important it is for us to think about our future. We sat down and talk for hours about what went wrong in all these years, we were just one such amazing couple but then slowly-slowly we started having fights over small things and It certainly started affecting our sex life as well.

In my desperation, I also read dozens of articles about how to be successful in marriage. Sometimes I couldn't relate to the author at all. Or I would move up and down as I read, but still have no idea how to fix those problems that we as a couple was facing. I had never thought that I had anything to do with my failing marriage. Not once! I thought my husband is to be blamed for our failing marriage. After all, I had a good job, and I was an excellent mother and so did my husband as he worked as a manager in a bank, he never forgot to bring gifts for me on any occasion.

I was faithful and loving and thought I was doing everything a wife should do. What I didn't realize until I read this one article online about, 'Signs of a controlling wife' and suddenly I started to relate with the article because I am a control freak, nagging and critical wife who often rejected gifts, compliments, and help, and then complained about not getting anything! My husband couldn't do anything right in my eyes.

No wonder he preferred watching TV and playing with our kids and rather than spending time with me. When I read the article, I finally felt for the first time that someone else understood me, and even knew my secrets. It gave me hope that I could save my marriage. I wanted help learning how-to, and I without needing to ask knew I couldn't do it alone.

I decided to quit my therapist and call my husband over dinner and there we sat for hours, talking about how we can sort the problems and I made him a promise to stop controlling everything and let things happen naturally. At the beginning of my compromise journey, I'd forget to be respectful and end up causing a big fight. I'd tell my husband how to dress up or correct his way of disciplining life, and realize what I'd done only after I felt the chilling effect.

Remember that marriage is a commitment to walk together. Partners should be available for each other instead of demanding.

These days I don't have to think about it much. I have stopped thinking and worrying about every small-small thing. When life gets you down you know what you have to do!? Just keep swimming; swimming until you make yourself stand on your feet again. I have learned over time that we should not force things to let them flow naturally instead because the more you control the more things will go out of our hands. So rather than worrying enjoy every single moment with your family as it lasts. My habits lead me along in a way that helps me create lots of connections and fun at my house and now we both are so happy and my love life is finally on the right track. I realized that if I could turn my miserable marriage around in the direction of fun, happy and intimate, any woman could. There is no right or wrong it's always in our hands, you have to control your actions, be kind enough to see if the other person is happy or not

*–By Rama*

Yes, how did you?

We see many marriages floundering but we also see marriages between the unlikeliest of spouses, not only surviving but growing stronger with the years. Thanks to the tactics of one wise partner! Truly, a person's successful marriage just does not happen, it has to be worked at.

We would like to know as to how you overcame the crisis of a break-up or discord in your married life.

Did your husband (or wife) have an infuriating habit, a hot temper, miserly ways, a roving eye or a lazy disposition? Since he is your husband, how did you cope with the situation and keep your marriage happy and home safe?

Share your secret with us and millions of our readers all across the world.

Contributions should be neatly written on one side of the paper. A declaration that it is your own true personal story must accompany the contribution. If you so desire, your name will not be published and you can use any pen-name. All contributions accepted and published will be paid ₹ 500.

**Send your entries to:**

**WOMAN'S ERA,**
Delhi Press Building,
E-3, Jhandewala Estate,
New Delhi-110 055
or click to www.womansera.com
for submission

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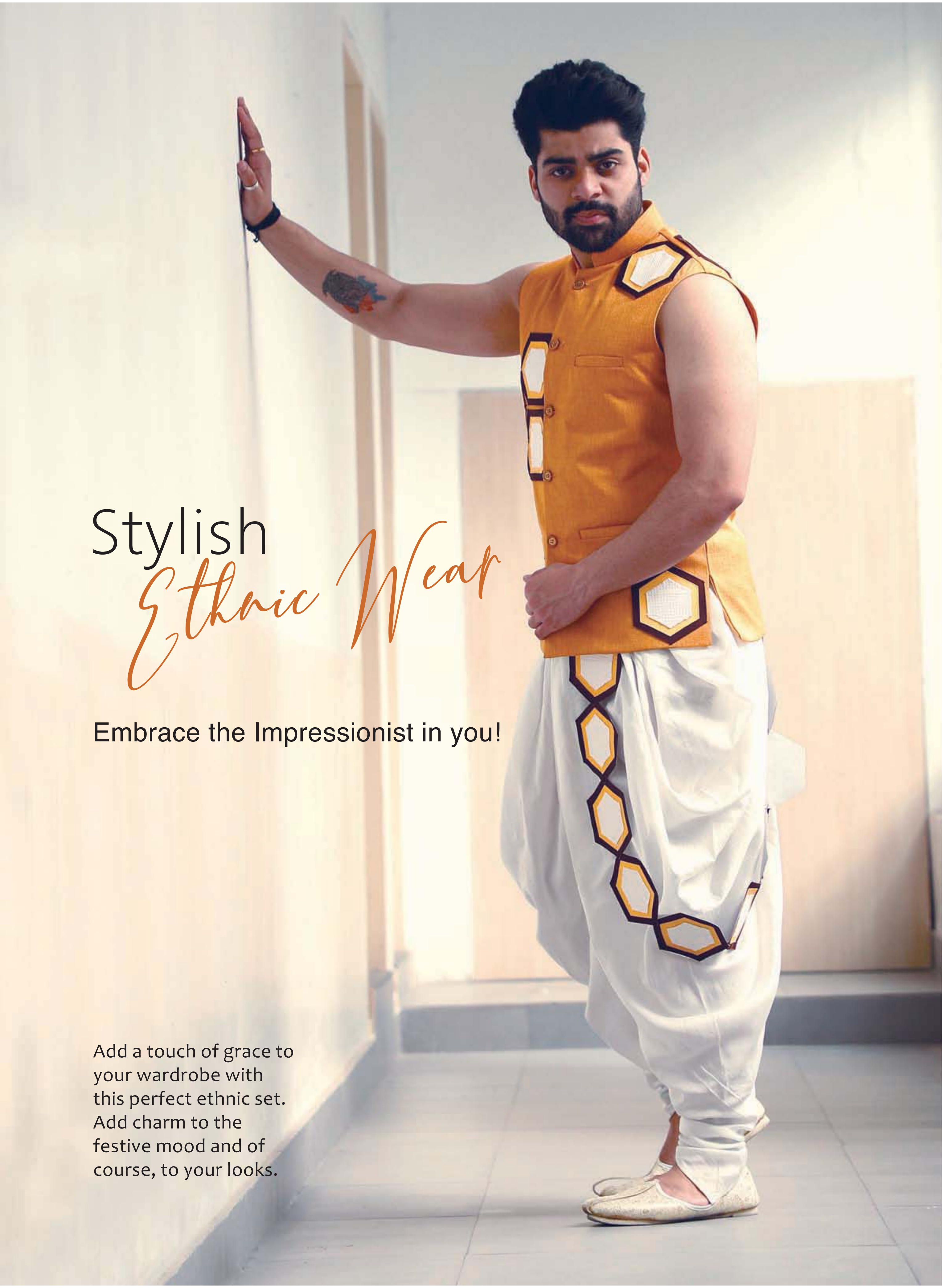


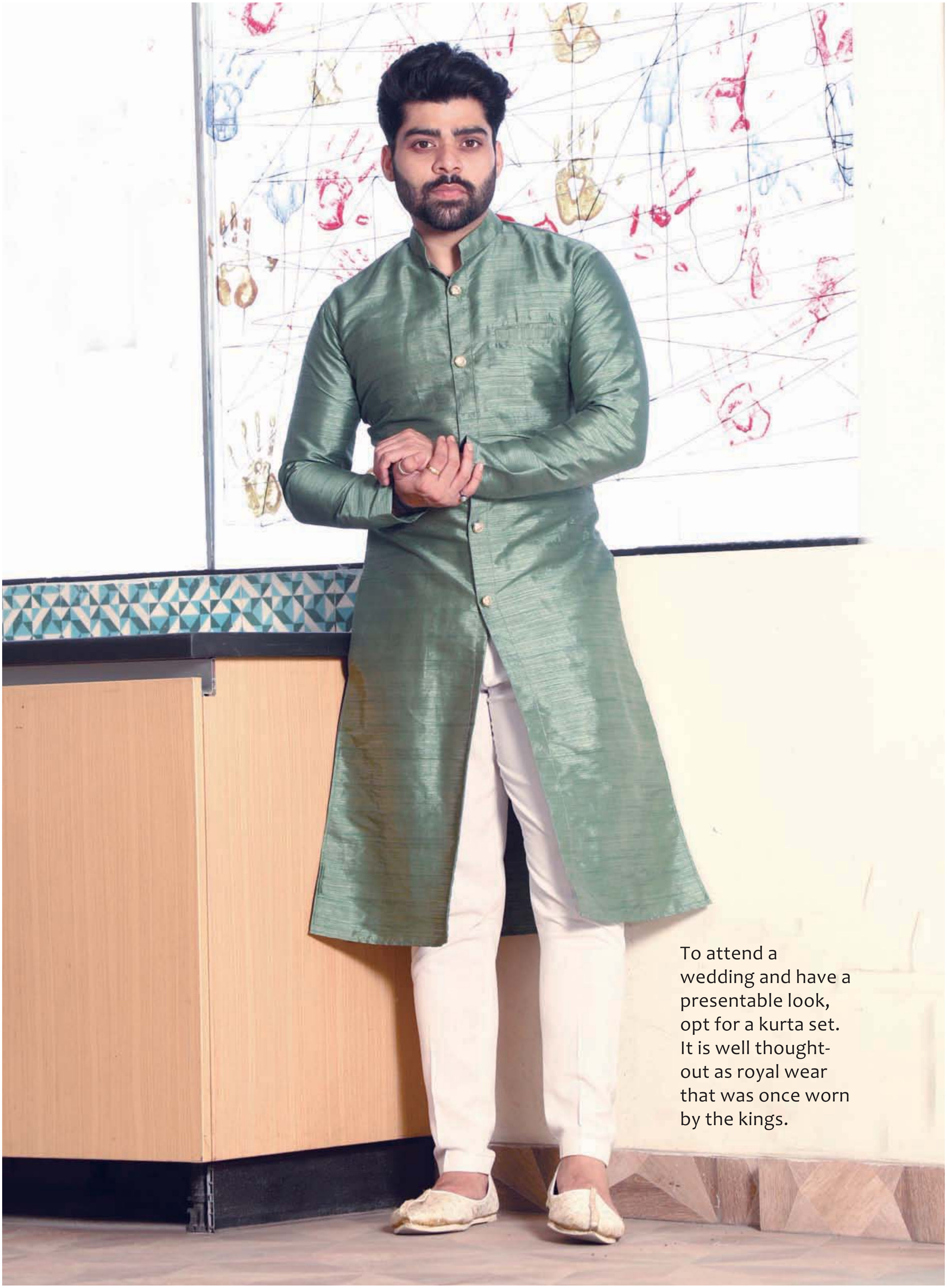
# Stylish *Ethnic Wear*

Embrace the Impressionist in you!

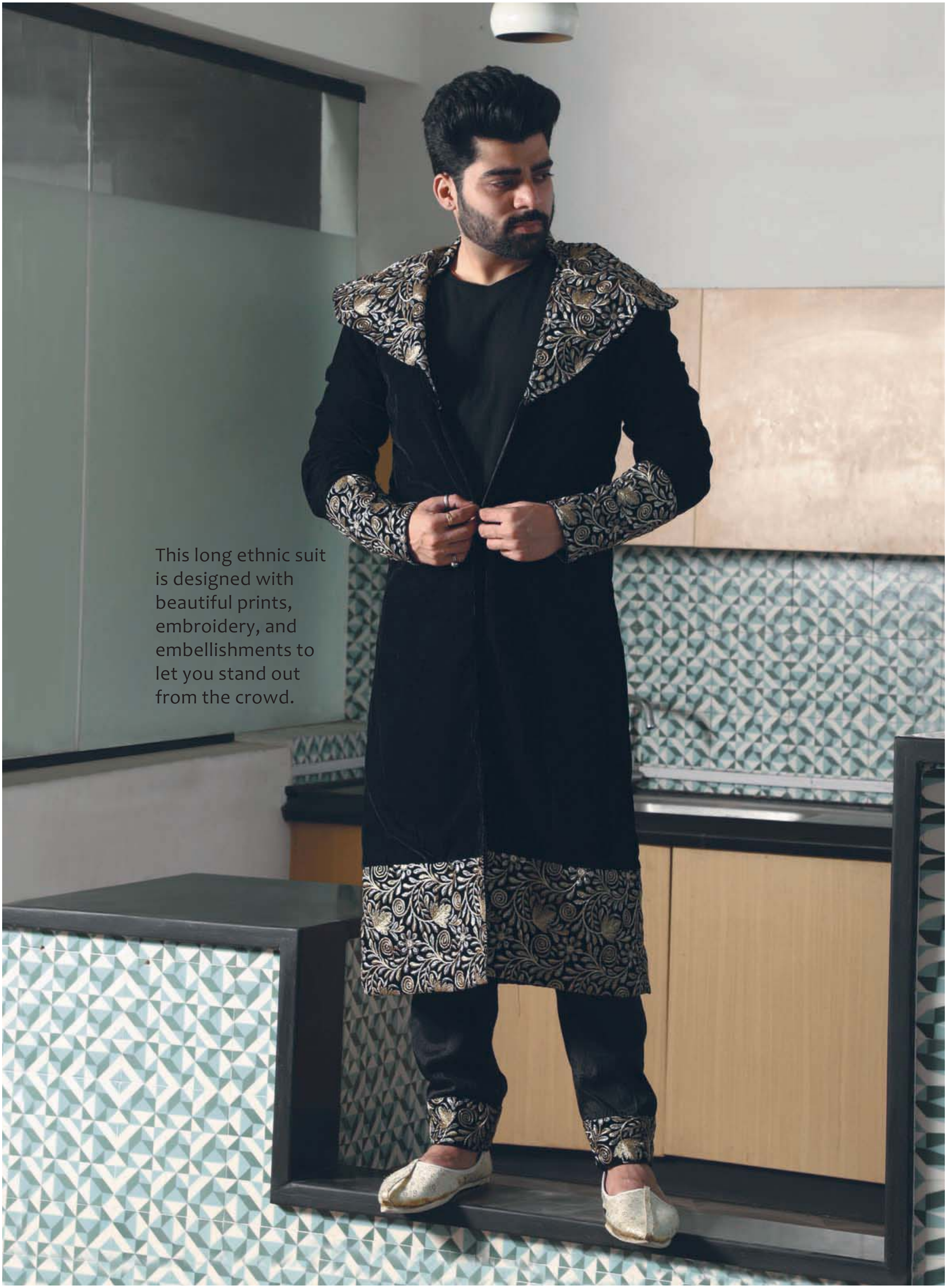
Add a touch of grace to your wardrobe with this perfect ethnic set. Add charm to the festive mood and of course, to your looks.

When it comes to buying a Kurta, you must select one with maximum precision. Here are some amazing sets for you to pick for that special occasion.

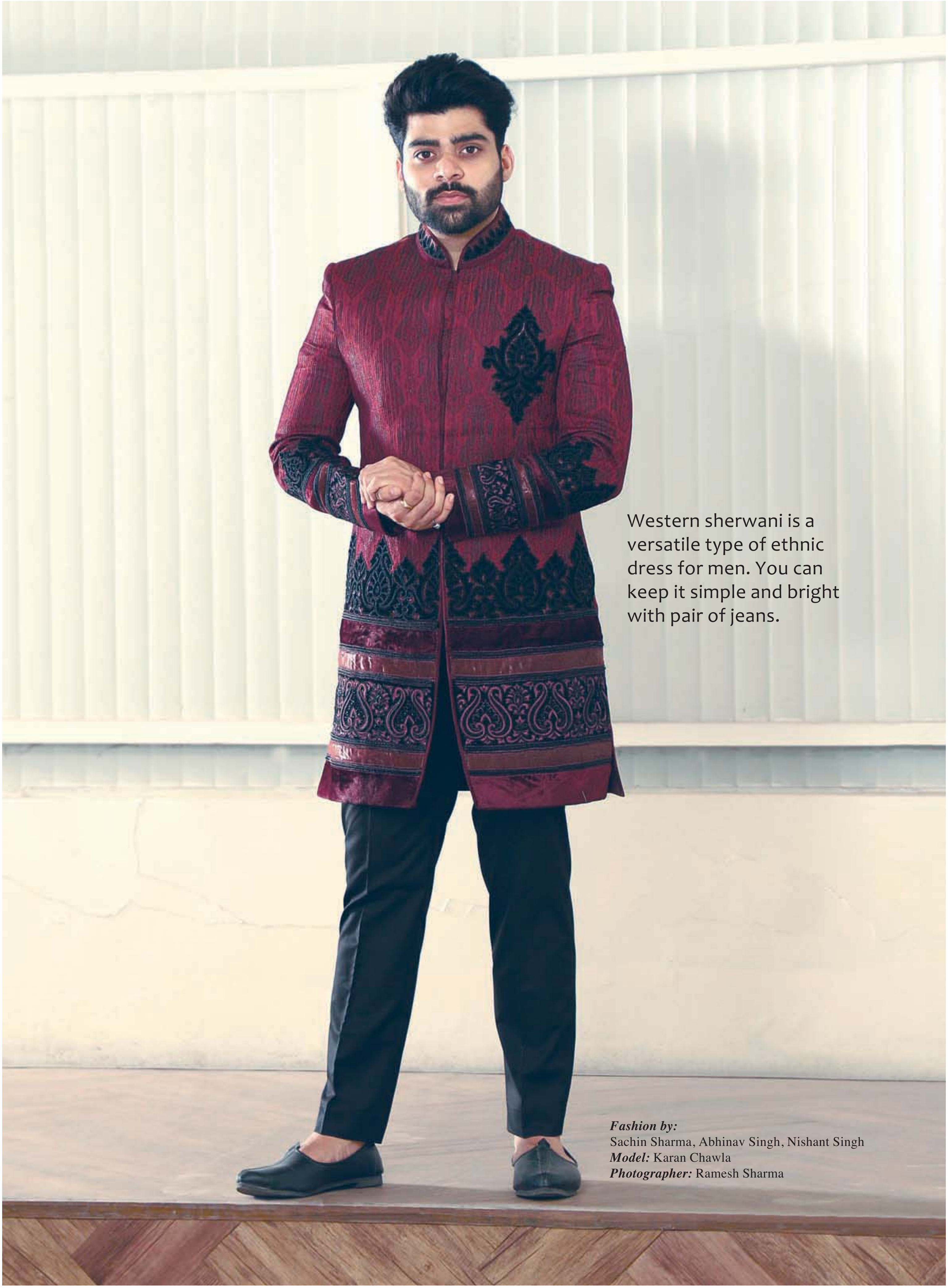
So, increase your style quotient with some of the most modish men's ethnic wears.



To attend a wedding and have a presentable look, opt for a kurta set. It is well thought-out as royal wear that was once worn by the kings.



This long ethnic suit is designed with beautiful prints, embroidery, and embellishments to let you stand out from the crowd.



Western sherwani is a versatile type of ethnic dress for men. You can keep it simple and bright with pair of jeans.

***Fashion by:***
Sachin Sharma, Abhinav Singh, Nishant Singh
***Model:*** Karan Chawla
***Photographer:*** Ramesh Sharma

# Ultimate Weekend Snacks!

## Healthy Snack Options for mid-meal snacking.

Snack time is the most crucial time of the day when your cravings are at the peak. Most people can eat healthy throughout the day but often give in to the cravings is snack time by consuming unhealthy foods. Snack-time meals can be often confusing as you are not too hungry for a heavy meal yet require a light snack to satiate your hunger & cravings. Consuming a healthy snack at such times will keep your energy levels high & prevent you from overeating during your next meal thus helping you manage a healthy weight & your health goal. Here are some snack time recipes curated by the expert that will help you snack healthy.

## PESTO

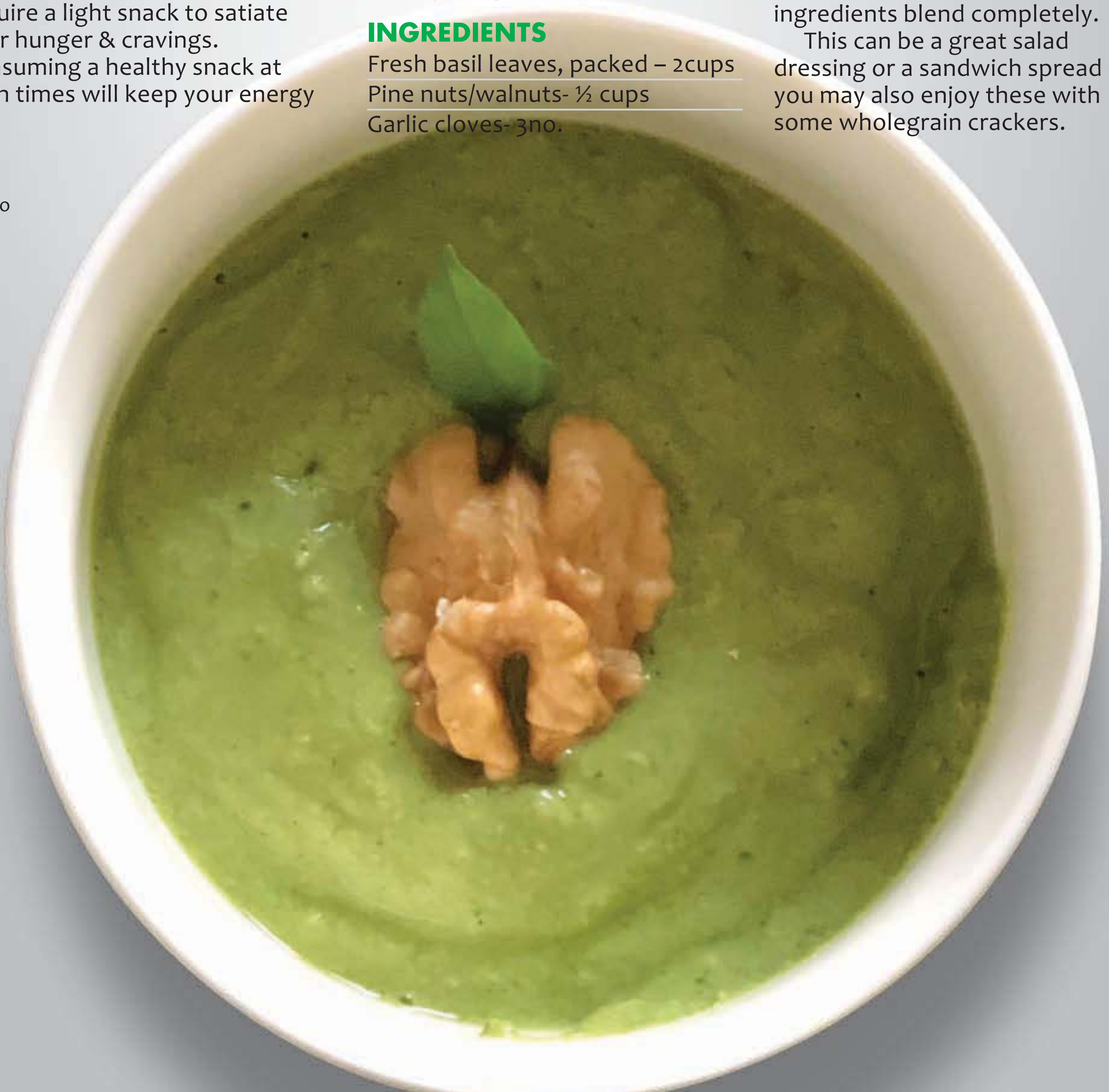
### INGREDIENTS

Fresh basil leaves, packed – 2cups
Pine nuts/walnuts- ½ cups
Garlic cloves- 3no.
Salt- to taste
Pepper to taste
Extra virgin olive oil- 1tbsp
Lemon – 1no.

### METHOD

Pulse all the ingredients together in a blender, stir occasionally & serve when all ingredients blend completely.

This can be a great salad dressing or a sandwich spread & you may also enjoy these with some wholegrain crackers.



Pesto

# SWEET POTATO WEDGES

## INGREDIENTS

Sweet potatoes/Raw banana (Washed, deskinned, and chopped into wedges) - 4 number
Coconut Milk- 4tbsp
Dry mixed herbs (oregano, chilli flakes, parsley, thyme, rosemary, pepper- 2tsp
Salt- to taste

## METHOD

Steam the potatoes/bananas till they are 90% done.

Whisk the coconut milk together with all the herbs and salt. Then toss the coconut milk mix with potatoes/bananas to coat them completely.

Grease a baking tray with olive oil and bake the coated potatoes/banana in a preheated oven at 180- 200ºC for 15-20mins.

Then turn the slices over and bake for 5-10mins and serve hot with tomato ketchup or chutney.

Sweet Potato Wedges

# HONEY & SESAME TOSSED NOODLES WITH TOFU

## INGREDIENTS

Rice Noodles (Flat) – 2 cups
Tofu, cut into cubes- 1 cup
Salt- ½ tsp
Black pepper powder- 1tsp
Sesame seeds (Til seeds)- 1tsp
Spring Onion Greens, chopped- 2 stalks
Garlic, chopped- 2 cloves
Ginger, chopped- 1-inch piece
Vegetables of your choice (carrot, French beans, broccoli, baby corn, bell peppers, sweet corn) – 1cup
Sesame oil- 2tsp

### FOR THE SAUCE

Light soy sauce- 2tsp
Honey- 2tsp
Chinese 5 spice powder (Crush 5-star anise, 2 cinnamon sticks,8-10 black peppercorns,3tsp cumin seeds (jeera), 6 cloves in a blender)- 2tsp

## METHOD

Take a saucepan, boil water with salt & 1tsp oil and add the noodles to a saucepan and cook them.

Once it is done, strain it over cold water and keep it aside.

Mix all the ingredients for the sauce, the soy sauce, honey, and five-spice powder into a bowl and keep it aside.

Heat a Kadai, with oil and then toast the tofu and sprinkle with salt and pepper and keep tossing till it is brown and crisp. Transfer

Honey and Sesame Tossed Noodles With Tofu into a bowl and keep it aside.

In the same Kadai, add some more oil and then add in the ginger and garlic, add veggies stir fry for few minutes, and then add in the sauce mixture and mix well. Once the sauce starts to bubble up, add in your cooked noodles and spring onions and serve it on a plate and top it up with crumbled tofu

# BEETROOT TIKKIS

### INGREDIENTS

Beetroot- 1 small
Sweet Potato- 1 medium
Raw Banana- 1no
Potato- 1 medium
Carrot, finely chopped- 1 small
French beans, steamed and finely chopped- 1no
Garlic pods, crushed- 1no
Green chilly paste- 2no
Coriander powder- 1tbsp
Groundnut powder- 4tbsp
Salt- to taste

Beetroot Tikkis

### METHOD

Steam all the root vegetables, peel and grate them.

In a mixing bowl add chopped carrots and French beans along with all spices and herbs except groundnut powder.

Then add grated root vegetables to the mix along with salt and make them into either round or oval cutlets.

Roll the shaped cutlets over groundnut powder and grill in the oven for 10 mins or roast on a preheated tava and serve.

Idli Sandwich

# IDLI SANDWICH

### INGREDIENTS

Moong dal- 2 cup
Udad dal- 2 cup
Salt –to taste
Green chutney
Cucumber & tomato slices
Lettuce leaves

### METHOD

Clean, wash & soak dal's for1 to 1 ½ hour and grind

The batter should be slightly rough and to a dropping consistency.

Ferment it approximately for 5-6 hours

Grease the idli mould with some oil & steam for 10-12mins.

Once steamed, cool and cut into two pieces from the sandwich.

Apply chutney, lettuce, cucumber, and tomato slices between 2 pieces and enjoy the idli sandwich.

Oats Banana Pancake

## GREEN POWER GULP

### INGREDIENTS

Spinach Leaves- ½ cup

Cucumber- ½ no.

Pineapple, diced in chunks- 3-4 slices.

Flaxseed powder- 1tsp

Mint leaves- 5no.

Rock salt- pinch

Water- ½ cup

### METHOD

In a blender combine cleaned and washed spinach leaves, cucumber, apple, mint leaves, water & blend until a smooth consistency is achieved.

Strain the juice through a thick sieve and add additional water if required, add rock salt and flax seed powder and relish it.

Green Power Gulp

## OATS BANANA PANCAKE

### INGREDIENTS

Oats- 1 cup

Jaggery Powder- 1tbsp

Blended bananas with salt to taste- 2no

Organic Vanilla powder (Optional) – 1tsp

Cow's Milk – ¾ Cup

### METHOD

Blend oats in a blender and powder it, then add the blended banana mix, jaggery powder, milk, and blend it.

Remove the mix in a bowl and adjust to form a pancake batter-like consistency.

Grease a pan with oil and spread the batter into small roundels and cook on both sides.

Remove the pancakes from the pan and serve them. You can drizzle some honey or agave or maple syrup on the top if required.

Note: (Alternatively you can add 2tsp cocoa powder to the above recipe to make it a chocolate flavoured pancake)

Smoothie Bowl

# SMOOTHIE BOWL

## INGREDIENTS

Cow’s milk/Greek yogurt/hung curd- 1 cup
Unsweetened frozen berries -1/4 cup
Ripe banana- 1no.
Spinach- 1/4 cup
Chia seeds-1tbsp
Flax seeds- ½ tbsp
Vanilla extract- 1tsp
Unsweetened granola- 2tbsp

## METHOD

In a blender, combine the almond milk, frozen berries, banana, spinach, chia seeds, flax seeds, and a dash of vanilla extract if desired.

Purée until smooth for about 1 minute. The smoothie should be thick, so if needed, add more frozen fruit until desired consistency is reached. Pour into a bowl and top with granola and 2-3 pieces of fresh fruit. Eat immediately.

(Alternatively, you may add some roasted nuts, coconut flakes, cocoa nibs, or dark chocolate chips to garnish)

Gluten-Free Chocolate Walnut cake

# GLUTEN-FREE CHOCOLATE WALNUT CAKE

## INGREDIENTS

Buckwheat flour – 1 cup
Baking soda – 1tsp
Baking powder – 1tsp
Powdered rock salt – ¼ tsp
Cacao nibs or cacao powder – 3tbsp
Desiccated coconut – ½ cup
Thick coconut milk – 1 ¼ cup
pitted soft dates (tightly packed) – 1 cup
Banana-very ripe – 1 large
Lemon juice or apple cider vinegar – 1tsp
Chopped walnuts or pistachios- ¼ cup

## METHOD

Heat the oven to 170 °C.

Line a baking dish (8” X 8”) with parchment paper and keep it ready.

In a mixing bowl, add all the dry ingredients together- the buckwheat, the cacao powder,

Baking soda, baking powder, and desiccated coconut and salt.

Mix together to evenly distribute the ingredients. Set aside.

Next, in a blender, blend until smooth all the other ingredients, except for the lemon juice.\

1. Pour over the dry ingredients and mix with a spoon until it is well combined. 7. Now, add the lemon juice and mix gently, for about 1-2 minutes. Do not mix for too long, else the lemon will lose its action of working on the baking soda.

2. Your mixture should be thick.

3. Pour into the prepared baking dish.

4. Place the walnuts evenly on top.

5. Bake in the preheated oven for 60 minutes.

6. Remove the cake from the oven cool on a rack for at least 2 hours. (Don’t skip this part!) The cake needs to be completely cool before slicing. Note Adding the lemon juice ONLY at the end is a very important step.

# PROBIOTIC POPSICLE

## INGREDIENTS

- Ripe Mangoes peeled and diced-2no.
- Hung curd- ½ cup
- Maple syrup/honey- 1tbsp
- 2 Kiwis peeled and sliced

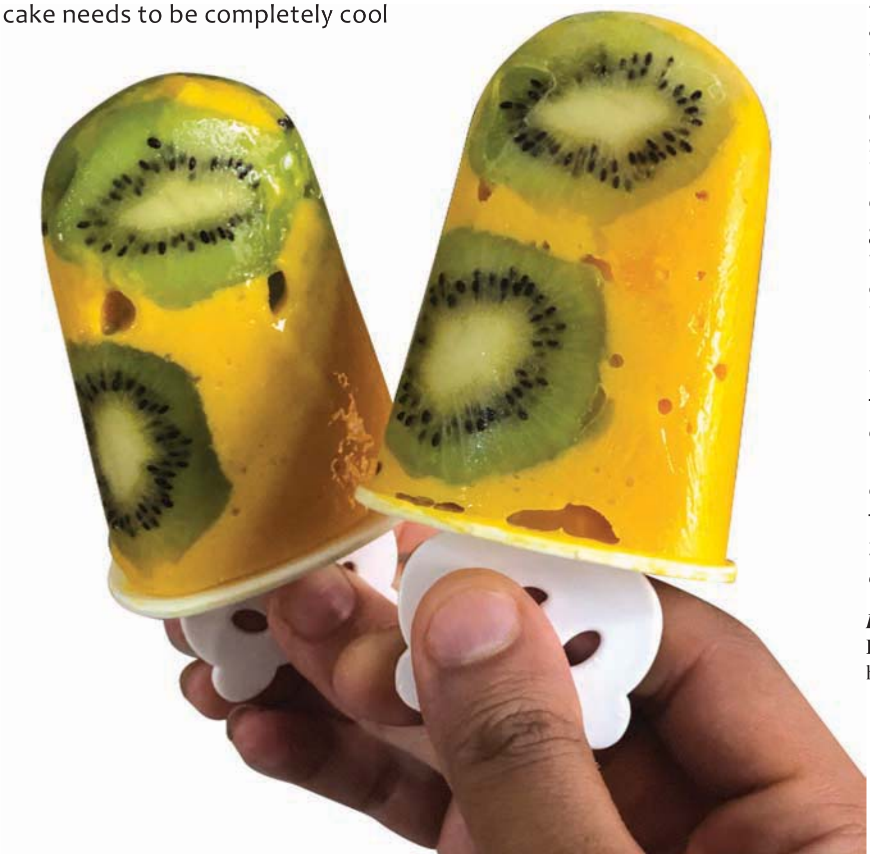
## METHOD

In a blender add cubed mangoes, green yogurt & maple syrup/honey till smooth consistency.

Next, press 2-3 kiwi slices roundels on the inside of each Popsicle mould so that they line the sides.

Then pour in the mango mixture into the moulds containing kiwi and freeze for 4-5 hours & enjoy.

Probiotic Poossicle



Vegan Brownies

# VEGAN BROWNIES

## INGREDIENTS

- Almonds- ½ cup
- Walnuts- ½ cup
- Chia seeds- 1tbsp
- Dates deseeded (Medjool/any soft dates)- 1 Cup
- Cocoa powder- 6tbsp
- Salt- 1tsp
- Chopped & roasted almonds & pistachio to garnish
- Dried Rose Petals to garnish

## METHOD

In a high-speed, processor add nuts, cocoa powder, Chia seeds & salt and blend together until you are left with a mixture that resembles like sand.

Then add pitted dates and continue to blend until the mixture comes together like a ball. (If you find the mixture too dry, add a date or two more & if it gets too sticky add some nut powder to the date mix until you can touch the dough without it being too sticky).

Now spoon the dough on parchment paper or a greased tray and press the mixture on it evenly into a square.

Then press some roughly chopped nuts & rose petals on it for the garnish & refrigerate it for 2 hours till it becomes a little hard & can be cut into small squares.

***Recipes by:*** Jinal Pasad
Founder Healthy Palate +91 9920737633
healthypalate.in Mumbai-80

Short Story

# THE INCOMPLETE LOVE STORY

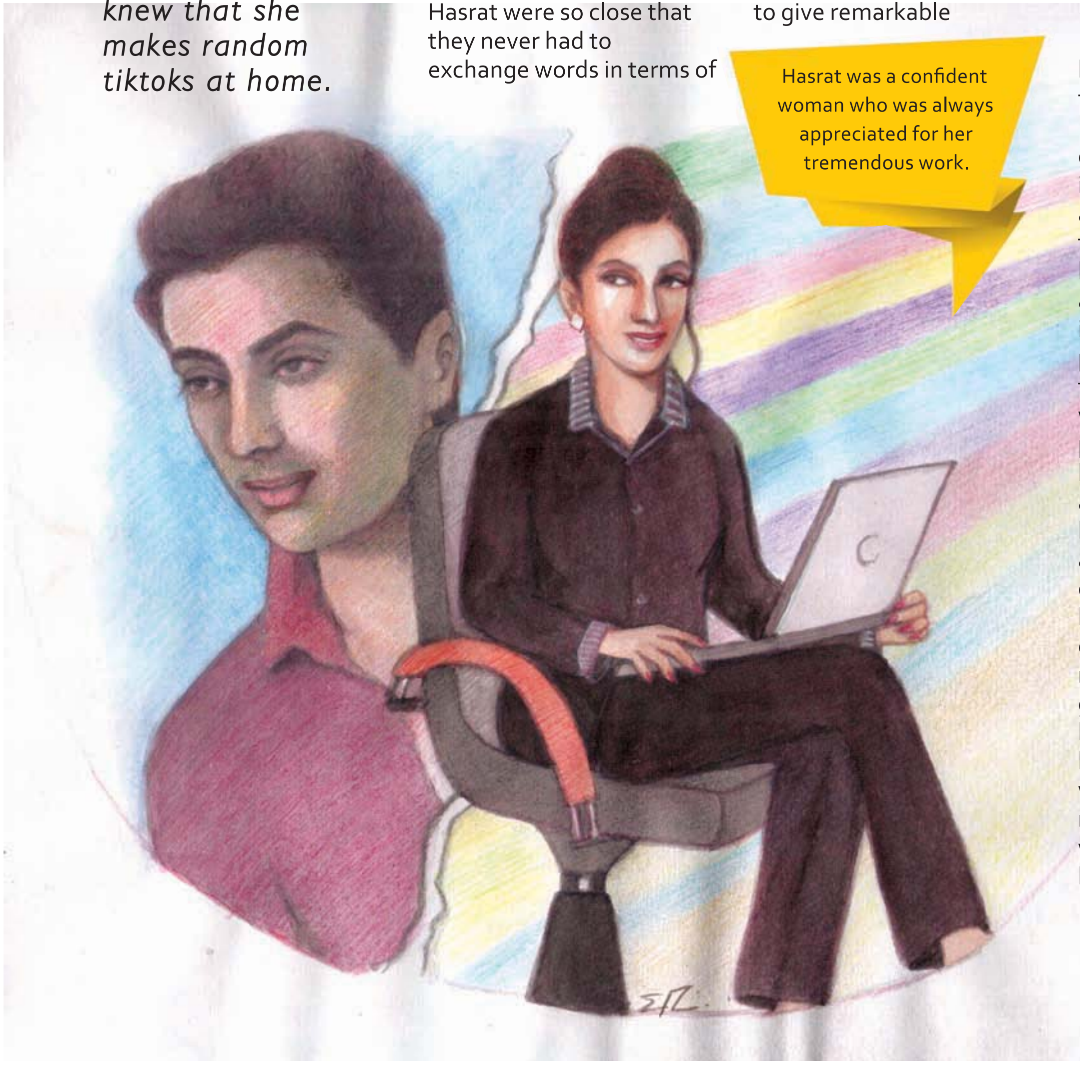
Art of Loving **By : Manpreet Kaur**

*Hasrat was a confident woman who was always appreciated for her tremendous work and vehement opinions at work place were actually a child at heart. This girl who used to give remarkable presentations in the office, who knew that she makes random tiktoks at home.*

The story is about a beautiful and free-spirited Sikhni girl named Hasrat Kaur Sandhu. Hasrat a 25-year-old who was blessed with almost everything including a close-knitted family, loving parents, a friend like younger brother named Deep and an elder sister who was nonetheless the second mother for her. Her name is Dilpreet Kaur Sandhu who recently got married. Dilpreet and Hasrat were so close that they never had to exchange words in terms of a conversation; there eyes were enough to express everything. Hasrat had a bunch of close friends - Manav, Sonali and Sameer, all of them were just a call away from her. Four of them were friends since childhood.

Hasrat was a confident woman who was always appreciated for her tremendous work and vehement opinions at work place were actually a child at heart. This girl who used to give remarkable presentations in the office, who knew that she makes random tiktoks at home. Hasrat was a complete flaky and the best part about her was that she had accomplished the most difficult arts out of all; the art of loving yourself, the art of accepting yourself. She had validated herself as her favourite by using this well-known yet icky Bollywood dialogue “Main Apni favourite hu”!!

Hasrat was a confident woman who was always appreciated for her tremendous work.



This child had everything or maybe this woman had all; gee!!!! How can I forget to add about her love life? Yes, so she had a companion who was deeply in love with Hasrat. Hasrat and Rahul were dating from the past 3 years. Rahul belongs to a Punjabi family; a boy with high aspirations in his eyes and an absolute pragmatism in his thoughts. Rahul and Rohit were two children of their parents; Rahul was younger but had always been authoritative and upper hand in his family. He had already calculated his life on fingertips; he wanted to buy his own car by the age of 25, a 3BHK by 30 and marriage post that. This guy had outlined his life in boxes wherein Hasrat who had mastered the perfect work, life, balance had romanticized a different world that was perfect in her own way with a little garnishing of some imperfections where her kids are pulling each other's hair and the spouse is forgetting the anniversary. She had been reaching late for family dinners as being stuck in meetings. She has also envisioned herself apologizing for that. Somehow, they both knew what they wanted. It was difficult to expect any harmony of thoughts between these two strong-headed people lost in their own worlds. There was one thing that was common between them were their firm opinions. The constant hostility in their thoughts led to coldness in their behaviours. Essentially, both of them were together yet apart. One day they mutually decided to separate and choose their paths of happiness. So, they could be comfortable in their skins. They both had this realization that they are good individuals but staying together may be a little hard.

Days passed, Hasrat is entangled between her thoughts and she is thinking why she is not crying for him since they have spent 3 long years together. She is upset though fine, this feeling was extremely weird to her. However, Rahul gradually understood that he can't see himself without her in the long-term. He tried all his efforts to bring her back. However, Hasrat had decided that she doesn't want to pull the hardest string of the relationship; she mentioned to him that "I would never want us to reach that point where we might hate each other. She told him that she wanted to end it on a high note and fortunately, they did. She said I don't want to see a day where we accidentally bump into each other and deliberately turn our faces; she added, rather I want us to wave at each other with a smile where there will be no resentments in our hearts. While she was saying all this, he stayed quiet and left!"

Now, Hasrat is trying all her ways to be composed and yes, she has a handful of people to sail with her during her hardships. Friends are pampering her family is trying their best to spoil her. Honestly, she wasn't feeling alone; she was just bewildered with the same continuous thought that why she is not broken into pieces, why there are no tears of sadness in her eyes after breaking a long relationship.

Every day she played a question answer round where she is asking, "Why am I feeling this way and the answers were maybe you are surrounded with all these loving people who are standing straight to guard you or maybe you never loved him." She was chaotic in her mind and decided to stay silent until she is clear. Hasrat didn't say anything to anyone and was contemplating. But yes, she was feeling blessed to have all these people who are standing on their toes to make her feel better. The family and friends were worried about Hasrat though she was doing fine. All these days, mom was cooking her favourite food; Dad was taking her out to play her favorite sport Badminton to keep her engrossed. Deep who always grabs the extra scoop from Hasrat's ice cream had started giving his own share to her. Dilpreet used to video call every day just to be sure that her little sister is smiling. Sonali, Manav and Sameer, these three crazy folks who were nonetheless extended family for Hasrat had multiplied their everyday calls by three just to certify that she doesn't face solitary.

*Days passed, Hasrat is entangled between her thoughts and she is thinking why she is not crying for him since they have spent 3 long years together. She is upset though fine, this feeling was extremely weird to her.*

All this was unseen for Hasrat and in her mind she felt it is only heartbreak. Why these guys are being over dramatic but she was enjoying every bit of it. She decided never to mention about Rahul in front of them. This was even more horrifying for her family and friends; they all were unclear but mutually they decided not to ask and perturbed her.

Yet Hasrat was well aware of everything that was happening around her but she decided to ignore and quietly analyze what life has in stored for her. A clear picture in mind, not wanting to go back to patch up this halfhearted relationship knowing that Rahul would never be able to give what she had prayed for all these years, though undoubtedly he loved her. Since the equality and respect that had always been the foremost was not even a priority to him. Also, there was a doubt in her mind if she would ever be able to reciprocate his love in case they patched up. Hasrat who was a Bollywood fanatic had pictured everything she wanted though the demands were never weighed on the scale of materialism; it was always weighed on the scale of love, compatibility and camaraderie. All these faded with days passing by. Hence, she became prudent!

She was enjoying this phase of life. Sonali being her girlfriend used to listen to all her crap from the entire day without even complaining. Manav and Sameer used to bully her, make her laugh to tears and try everything to make her happy. Though Sameer used to make some additional efforts and hence he was the closest to her. Sameer known for his gentle attitude, progressive thoughts and patient listening skills was dearest to her. For Hasrat, he was always a go-to person for a piece of advice in all these years. By and by, she started telling him everything; the bond became even stronger. She had someone who had the powers to listen to her tedious repetitive stories without even mentioning. Umpteen times, she recited the same childhood memory to him and his interest level never descended. Hasrat was also amazed, how he could find sense to this utter nonsense but deep down she was happy. He had always provided her with the required amount of comfort where she can freely tell him anything or everything. She had openly discussed her menstrual period and had also narrated her deep dark story wherein this 50-year-old Uncle molested a 7-year old baby. He knew, pastel colours attracted her the most, he knew what her pet peeve is. She used to wonder how he knew that she could sit for hours at the beach while her feet touch waves. He knew it all, because he owns the habit of paying attention to every little detail whenever she spoke.

Like every other girl, she always wanted a person who can understand before she says or completes her half narrated story. The one who tells her that, I am waiting to see you on the podium with an award in your hand as the Youngest Achiever of 2025. Whatever she wanted and asked for was right there in front of her.

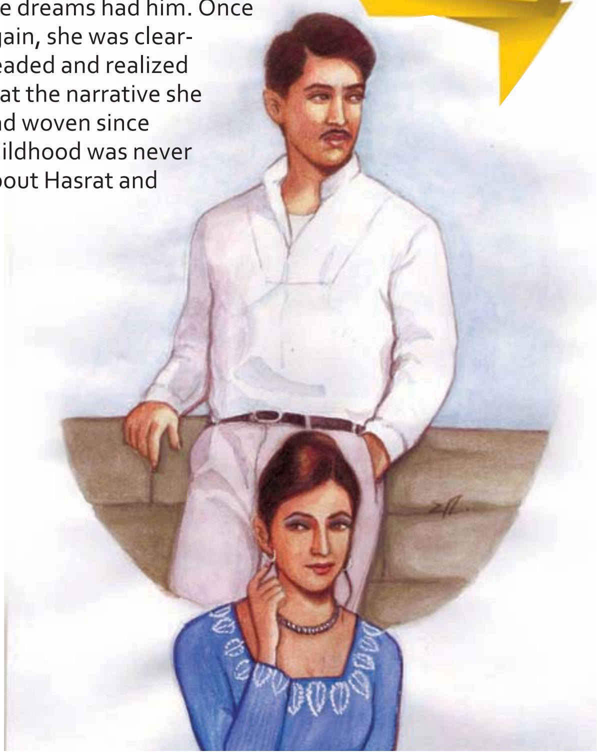
Now, she claims him as her special friend, he had surpassed the tag of being a best friend. Manav and Sonali were best friends and he was special, very special. Eventually, she had understood why she was fine when Rahul left. Now, everything was falling in place; she delved that was buried down in her heart. It was the very first time when someone is well fitted in the fantasy world she created. The picture that she sketched has suddenly become palpable with a companion who was right there but earlier he was covered in the mist of clouds. The best part of the picture is that she could foresee everything with her best friend. The guy she knows since forever is the love of her life but she knew that he would never express his feelings. He is a guy who would ask if she has eaten or not, slept of awake, left from office or not but when it comes to expressing his feelings, he would choke!

*Like every other girl, she always wanted a person who can understand before she says or completes her half narrated story. The one who tells her that, I am waiting to see you on the podium with an award in your hand as the Youngest Achiever of 2025.*

Lately, she couldn't sleep and if she slept, there were some irregular dreams tickling her, and the dreams had him. Once again, she was clear-headed and realized that the narrative she had woven since childhood was never about Hasrat and Rahul. It was always about Hasrat and Sameer. She had never ever experienced all this, he made her fall for him, she finally understood the literal meaning of love, and she understood SRK rightly said - Pyar Dosti hain!!

With all thoughts and feelings muddled in her mind and heart, she decided to confront him and tell that "you are the one, I have been looking all my life and I know you also have the same feelings for me." Hasrat was unlike Sameer, she always had the audacity to say what she feels and before expressing all this to Sameer, she chose to tell it to Sonali. Sonali was petrified listening to all this, she was concerned about her friend. She asked Hasrat to shut up and face the harsh reality. Sonali said, "I might accept it but nobody else would, not even your parents."

Sonali was petrified listening to all this, she was concerned about her friend.



Hasrat was numb after seeing Sonali's response and realized Sonali is nothing but veracious and worried about her; Sonali made her seen what she tends to miss. Now, there was something that was pulling Hasrat back. She knew that after expressing, they would never end up together and their friendship might also suffer. This time she was in deep pain of losing him before holding him. In her mind, they were meant for each other and yes they were yet something was pulling her back. She realized that the closest ones who have always been there might also leave. The family members might abandon both of them.

But what was it that she didn't realize all this while? What could be something that she overlooked? Why two best friends can't think of a lifetime partnership? Why she is holding her back to confess it to the person she is most comfortable with? They have created all their memories together since childhood but now, why she is thinking that everyone would make sure that they fall apart be it family, friends who have known him since forever. She is even bothered about the society and forgets about the society, she was even worried about the government? Why!!

Yes, there was something that was ahead of everything in our society. Oh, did I tell you his full name? Alas!! I didn't. Yes, his full name is ABBAS SAMEER KHAN!!

Now, she stayed quiet but this silence said it all. We

# Your Body Q&A

MY TWO-YEAR- OLD DAUGHTER IS UNABLE TO SIT UP, WALK, feed herself, or express herself in words, even though her mental state is good. We have consulted a doctor for this problem. After examination, the doctor told us that she is suffering from athetosis and advised an operation. What is your opinion about this problem.

Athetosis is because of damage in the basal nuclei in the brain. The principal feature is the occurrence of generalised overlaid involuntary movements which have no pattern and which interfere with the performance of normal movements. Any part or the whole of the muscular system may be affected. In mild cases the child is able to lead a fairly normal life but in the worst examples the patient may be unable to sit up, walk, feed herself or himself or express himself or herself in words even though the mental state may be good. In all except the mildest cases residential treatment is desirable as for spastic paresis. The first essential in treatment is to teach the child general relaxation. Once this has been achieved, purposeful voluntary movements can be taught. Splints and appliances may be required but in pure athetosis there is no place for operations on the limbs. Recently some successful results in cases of severe athetosis have been reported after surgical destruction of the globus pallidus.

●

MY HUSBAND IS ABOUT 45-YEARS-OLD AND SUFFERING FROM vertigo, deafness, a constant hissing noise and vomiting since last two to three months. We have consulted an E.N.T. doctor for this problem. The doctor told us that he is suffering from Meniere's disease and advised treatment and told us that sometimes surgical procedure is also required. I want to know in detail about this problem.

Meniere's disease is a syndrome characterised by paroxysmal attacks of vertigo, deafness, tinnitus (a constant hissing noise) and vomiting. The seat of the disease is the inner ear. Factors responsible for Meniere's disease are focal infection in the teeth and tonsils, allergy to either food or inhalant, psychosomatic, vitamin C deficiency, physical and biochemical. Most acceptable theory is psychosomatic disturbance. Only one ear is usually affected. It is more common in males rather than in females, before 50 years of age. Endolymphatic hydrops in the inner ear is the most significant change. Clinical features of the disease are vertigo, deafness, tinnitus, vomiting, nausea and nystagmus (involuntary continuous movement of eye ball). Nystagmus is directed to the healthy ear. Audiometry reveals perceptive deafness. Treatment consist of the septic foci should get attention and the patient be reassured regarding the benign nature of the disease. Electrolyte-water balance, fluid and salt restricted diet. Antihistamic, nicotinic acid and vasodilator drugs are used. Many cases can be controlled by anti-histamine, phenobarbitone during quiescent period is helpful. If medical treatment fails, conservative surgical treatment like cervical sympthectomy, endolymphatic shunt operation and cryosurgery should be done. Other surgical treatment is radical surgical treatment like alcohol injection into the labyrinth and membranous labyrinthectomy should be performed.

●

I AM A 25-YEAR-OLD WORKING WOMAN AND THREE MONTHS pregnant. Since last one moth I am suffering from fatigue, loss of apetite, difficulty in breathing and swelling over the body. I have consulted a lady doctor for this problem. After examination and investigations she told me that you are suffering from iron deficiency anaemia and advised treatment. I want to know about the cause, prevention, diet required and management of this type of anaemia.

Plasma volume increases 50 per cent during pregnancy, while red cell volume increases 25 per cent causing lower haemoglobin and haematocrit values, which are maximally changed around the 24th to 28th weeks. Anaemia in pregnancy is often defined as a haemoglobin measurement below 10 gm per dL or haematocrit below 30 per cent.

Anaemia is very common in pregnancy, causing fatigue, anorexia (loss of apetite), dyspnea (breathlessness) and Oedema. Prevention through optimal nutrition and iron and folic acid supplementation is desirable. Many women enter pregnancy with low iron stores resulting from heavy menstrual periods, previous pregnancies, breast feeding or poor nutrition.

It is difficult to meet the increased requirement for iron through diet and anaemia often develops unless iron supplements are given. Red cells may not become hypochromic and microcytic until the haematocrit has fallen significantly.

When this occurs, a serum iron level below 40 micro gm. per dL and a transferrin saturation less than 10 per cent suggest iron deficiency anaemia. Treatment consists of a diet containing iron-rich foods and 60 mg of elemental iron (eg. 300 mg of ferrous sulphate) three times a day with meals. Iron is best absorbed if taken with a source of vitamin C (raw fruits and vegetables, lightly cooked greens). All pregnant women should take daily iron supplements.

*– Dr Sanjay Teotia.*

Readers are invited to send in any health and medical queries they would like to be answered. *Woman's Era* will provide answers to your questions and offer solutions to your problems. Individual replies cannot be sent. Address your letters (neatly written on white paper) to:

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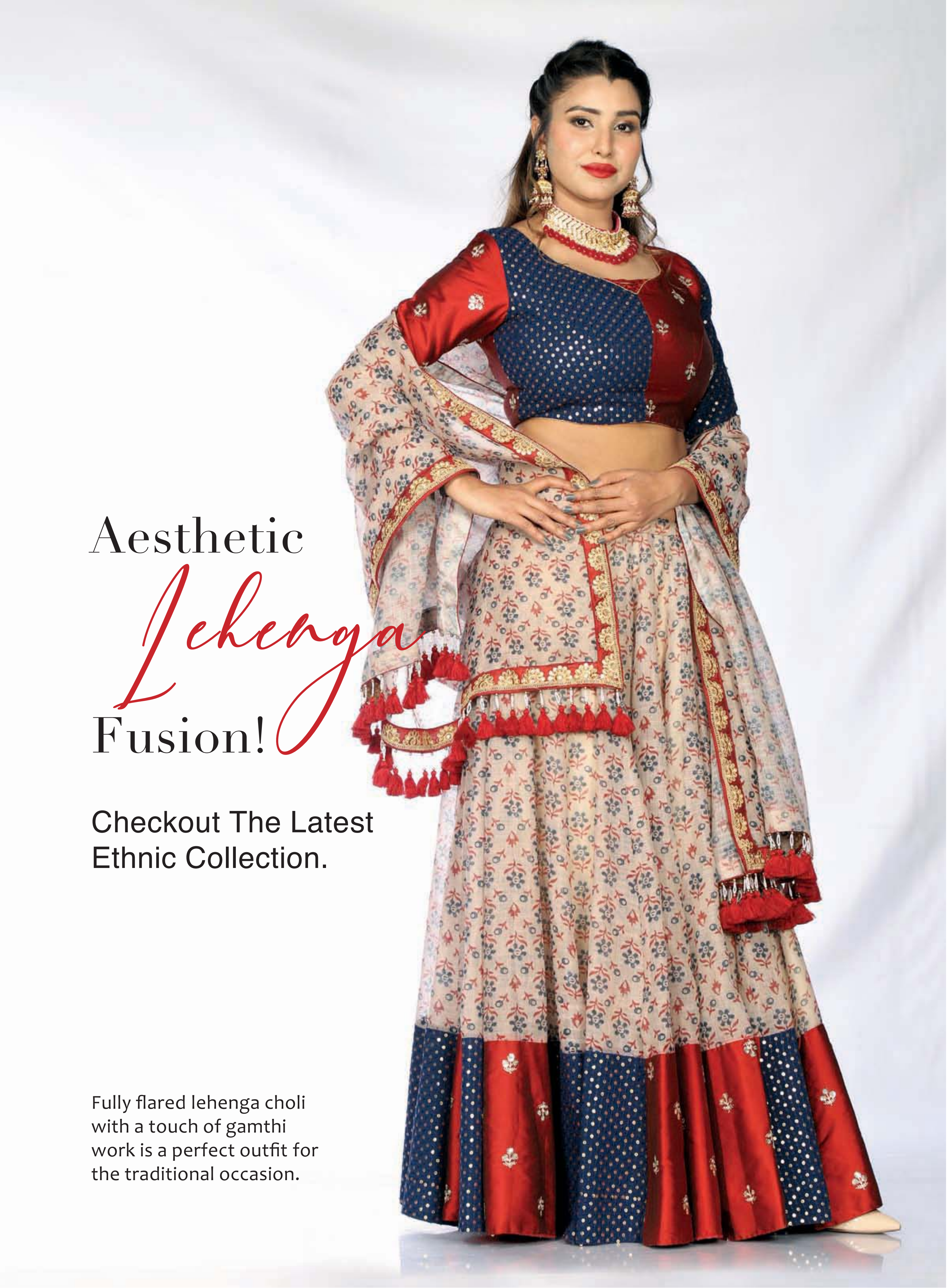
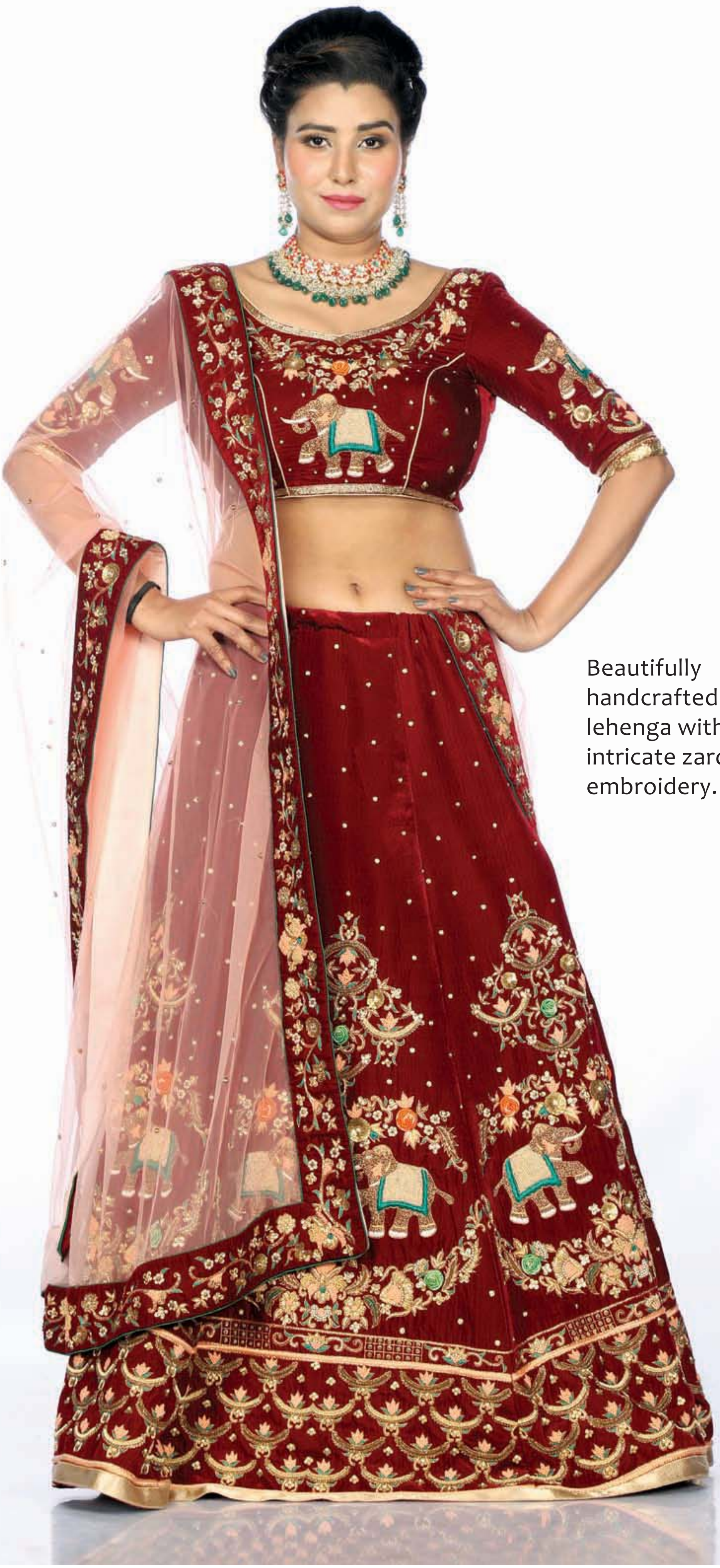


# Aesthetic *Lehenga* Fusion!

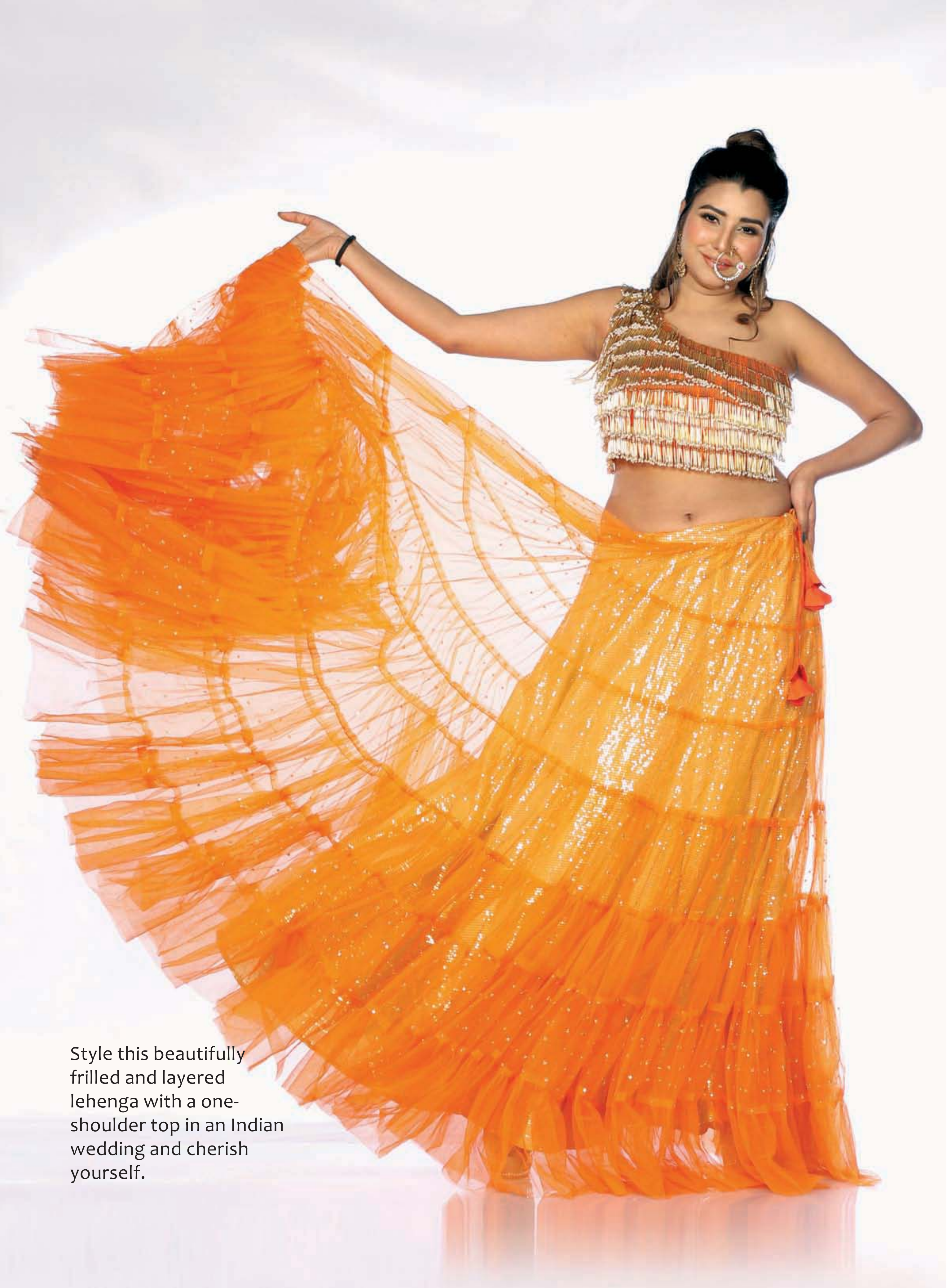
Checkout The Latest
Ethnic Collection.

Fully flared lehenga choli with a touch of gamthi work is a perfect outfit for the traditional occasion.

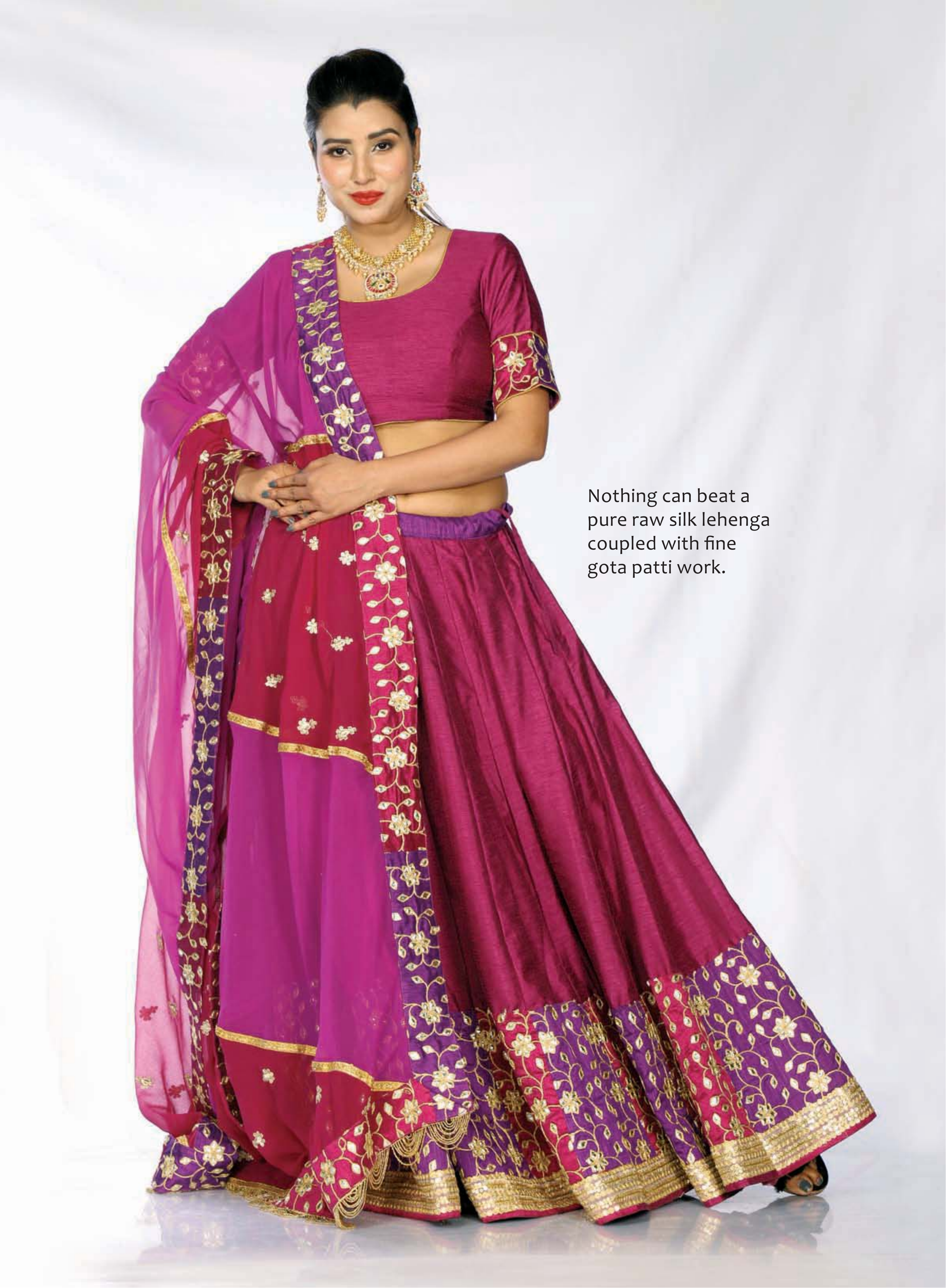


Beautifully handcrafted bridal lehenga with intricate zardosi embroidery.

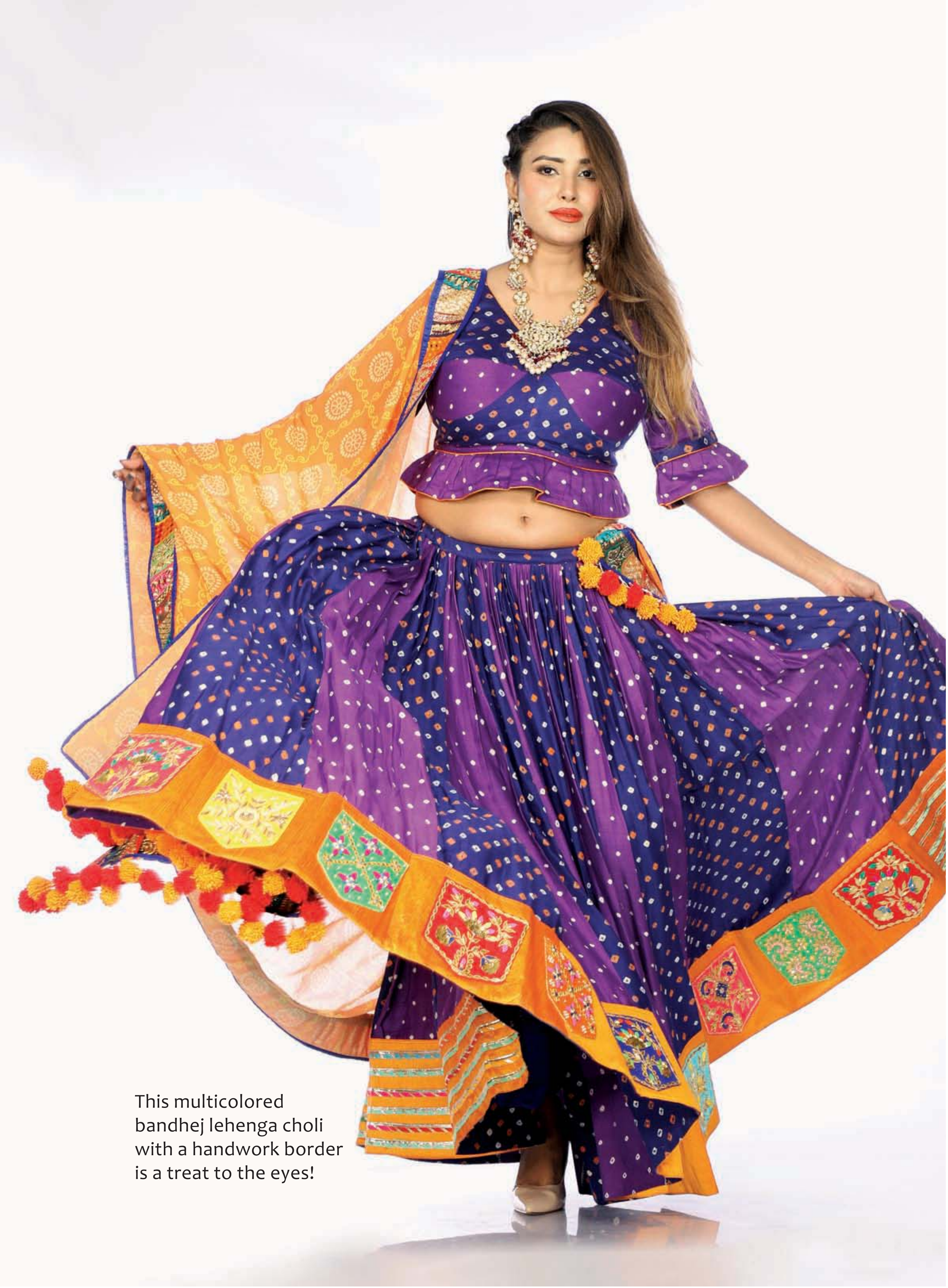
Chanderi cotton chaniya choli with mirror work on it makes it look elegant.



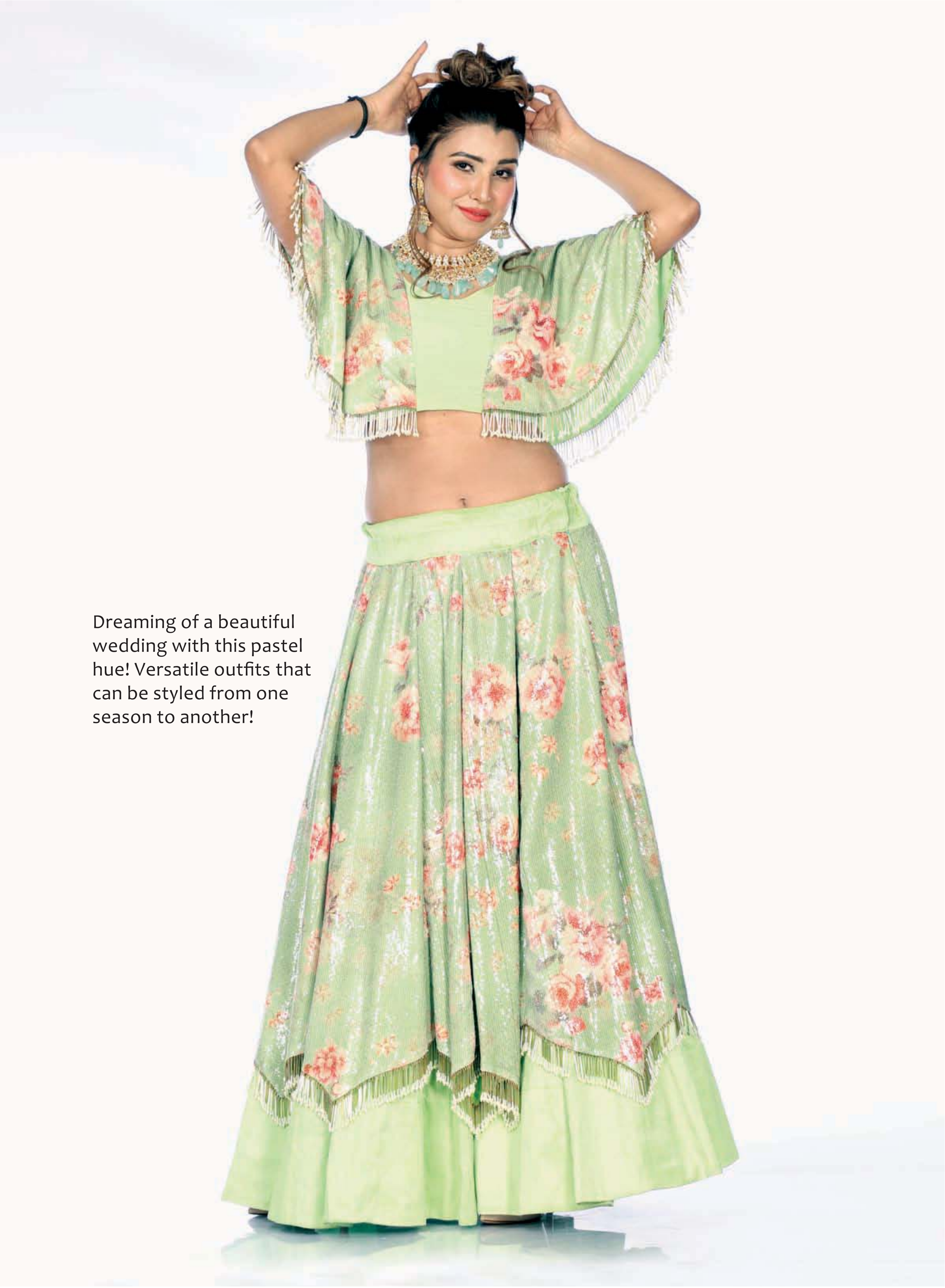
Style this beautifully frilled and layered lehenga with a one-shoulder top in an Indian wedding and cherish yourself.



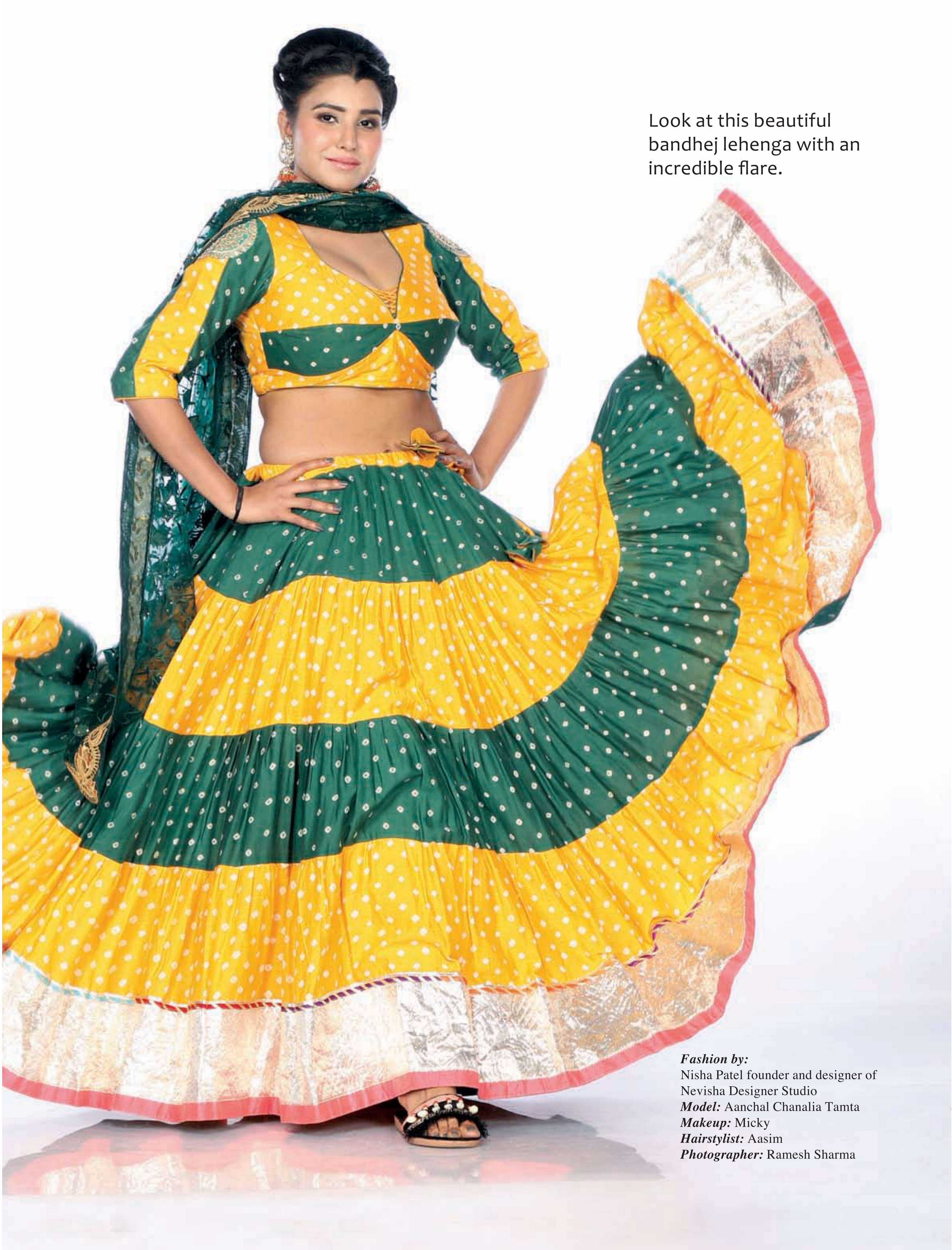
Nothing can beat a
pure raw silk lehenga
coupled with fine
gota patti work.



This multicolored
bandhej lehenga choli
with a handwork border
is a treat to the eyes!



Dreaming of a beautiful wedding with this pastel hue! Versatile outfits that can be styled from one season to another!



Look at this beautiful bandhej lehenga with an incredible flare.

***Fashion by:***
Nisha Patel founder and designer of
Nevisha Designer Studio
***Model:*** Aanchal Chanalia Tamta
***Makeup:*** Micky
***Hairstylist:*** Aasim
***Photographer:*** Ramesh Sharma

# "The Expanse"

## A Fascinating Show

### All the reasons to watch "The Expanse". By Enakshi J

Compelling, refreshing and believable- The Expanse is all of these! Set in the future when humans have colonised the solar system, this show presents a complex story about interplanetary relations. The Earth, the Mars and the Asteroid Belt (Belters) form the crux of the plot. The story focuses on the complexities each one of these groups faces when it comes to survival. Following Darwin's theory of evolution- survival of the fittest- The Expanse is a blend of politics, treachery, greed, wrath and uncontrolled emotions. It is not only genuine to the core but consists of mindblowing twists that leave every episode on a cliffhanger.

While Earth is busy salvaging its reputation in the solar system, Mars, too, doesn't want to leave any stone unturned in preparing for a war that seems inevitable. Meanwhile, the Belters want to reclaim their lost pride by waging war at the two strong planets. These two superpowers- The United Nations of Earth and the Mars Congressional Republic- are

constantly fighting over the mining rights in the Asteroid Belt. Caught amidst the conflict are the belters who are not only exploited but also enslaved by these powers. While they are busy squabbling about who is in power, the story picks pace when a barbarous detective, Miller, comes in contact with a self-deprecating James Holden to find a missing girl named Julie Mao. Several events unfold and they unmask a conspiracy that will take the human race by a storm!

With each season, the mystery associated with the protomolecule (the biohazard that is being used for the sole purpose of waging war and using it as a new weapon) unfurls and makes the audience jump out of their skin. James Holden (Steven Strait), with his top-notch performance, doesn't fail to leave a mark. He is humble, he is caring. At the same time, he is hesitant- often contemplating his own choices. When he is given the responsibility of Rocinante, the Martian warship, he belittles himself. But what is life without true friends! Amos, Naomi and Alex form Holden's backbone and the crew of four sets course for an adventure that unleashes the wrath of the unknown!

## CROSSING THE BRIDGE

Amos, played by Wes Chatham, is admirable in his own way. He doesn't prepare for any situation. Instead, he believes in crossing the bridge when he comes to it. Detached from the matters of the heart or mind for that matter, Amos is one of the characters whose presence provides a sense of security. He is bold and undaunted yet manages to evoke empathy from the viewers. Naomi, on the other hand, is sensible, smart and sassy. Her knowledge of the ships and their functioning is what keeps the crew moving even in the most difficult circumstances. Alex, played by Cas Anwar, is authentic and patriotic at the same time. He is a Martian who has left behind his wife and his son at Mars because his love for the expanse was greater than the love he had for his family. He is strong and when it comes to piloting the ship, he is the boss! These four characters can be feted for their own reasons. But there are certain things which are common to all of them- their dedication towards serving humanity, their selflessness and their flaws.

THE EXPANSE IS A BLEND OF POLITICS, TREACHERY, GREED, WRATH AND UNCONTROLLED EMOTIONS. IT IS NOT ONLY GENUINE TO THE CORE BUT CONSISTS OF MINDBLOWING TWISTS THAT LEAVE EVERY EPISODE ON A CLIFFHANGER.

Another good thing about 'The Expanse' is the cost-effective screenplay because presenting such CGI effects on a shoe-string budget is arduous. This Sci-fi show has an exemplary narrative. The word 'meanwhile' forms the essence of every 45-minute episode. Each story has its own problems and its own characters. The converging point of the story (when all characters come together) is an unanticipated one. Each character evolves as the seasons progress. The show makers have ensured that none of the characters are shown as either completely white or completely black. They have their grey shade. The story doesn't have cartoon villains nor flawless heroes nor innocent victims. The show doesn't only focus on these four protagonists. There are other actors like Thomas Jane, Frankie Adams, Shohreh Aghdashloo, Cara Gee, Shawn Doyle and Chad Coleman who do a fabulous job with their acting.

Overall, 'The Expanse' is a fascinating show that vaguely predicts our future. It is commendable how the writers, time and again, bring out the importance of valuing water and air. The subtle hints that indicate our cruel intentions as humans are enough to stir our mind. We might not have an alien species invading our homes in the near future but we will definitely have a water deficit. This show draws out a parallel between the situation now and a situation then using a plot that offers to entertain and retrospect at the same time.

# Personal Problems Q&A

I am a woman aged 30, married to a man who is 34 years old. Ours was an arranged marriage, a fact that surprises everyone who knows us. This is because both of us are extremely modern in our thinking and everyone expected us to marry for love. In fact, neither of us can really understand why we agreed to an arranged marriage! It was just something that happened. But we realised very soon that we had taken a very wrong decision. There was no spark between us, the sex was bad and we disagreed on everything. Now, after two years of marriage, we have reached the end of the tether and feel that we cannot go on like this. But we differ on what we should do. I think that we should get a divorce on the grounds of incompatibility, but my mother-in-law is on her deathbed and my husband does not want to give her a shock. So, he wants us to have a baby because he thinks that it will make his mother happy and that it is our duty to see that her last days are happy. My mother-in-law is a wonderful person and I am very fond of her. I also know that she does not have long to live and I do not want to make her last days unhappy. Why have a baby, even if it is to make a dying mother happy? I feel that it is going too far and also that such a decision could give our child a lot of pain later.

Am I right or is my husband right?

The three reasons you have given for your marriage not being a happy one are solid ones, that show that it is almost impossible for the two of you to be happy together. So, it is better that you split up and go your separate ways.

When this is the case, having a baby with the intention of getting a divorce after your mother-in-law's death is madness. Even getting the divorce will prove more difficult then and questions of custody of the baby, the payment of alimony, visitation rights, etc. will follow. You can postpone your divorce till the death of your mother-in-law, but you should not have a baby.

●

A few months ago my husband and I made a long train journey from one corner of the country to another. Since the journey took more than 24 hours, we got friendly with people in the same compartment and chatted the hours away. When one of our co-passengers mentioned that his hobby was astrology, some of us expressed surprise that people still believed that the future could be predicted by studying one's horoscope. At once others joined the discussion giving instances of predictions being proved correct. The man who had said that astrology was his hobby hadn't spoken all this time and so someone asked him mockingly if his predictions came true. He at once said that they did and looked at my husband and asked him a few questions. He then made some calculations on a sheet of paper and told him that he would die before the end of the year. Silence fell on all of us and we changed the subject. We completed our trip and came home, but my husband is not the man he used to be. I can see that he is terrified by that man's prediction and I do not know what to do. I tried to talk to him, but he was unreceptive. He goes to work, but spends the rest of his time sitting and gazing into the distance. We have many friends and relatives, but he refuses to contact any of them. The year is drawing to an end and I can see his fear increasing. My husband is forty years old and I am four years younger. We do not have any children and we have never believed in astrology.

Though neither you nor your husband believes in horoscopes and predictions, it is clear that fear is paralysing him. This is natural because even if one does not believe in horoscopes, a prediction that one is going to die soon, can be scary. You must now help him get over this fear and the first thing you should do is to take him for counselling. This can help him the most. You should also talk to him and also ask relatives and friends to do the same. All of you should tell him how pointless his fear is and be reassuring.

●

My husband is 65-years-old and I am 60. We have three children and all of them are well settled in jobs and happily married with children of their own. All three of them are abroad and we visit each of them once a year. All in all, you could say that we have no worries and no more duties left to fulfil. We are very comfortably off. So, we should be able to relax and enjoy the years we are left with. But we are not able to do that! Instead we are quarrelling a lot and we both wake up every morning wondering how we will get through the day! Now, both of are wondering if we should separate! Please help us with this situation.

You wake up every morning wondering how we will get through the day? Well, this is certainly not the way to live the precious days left to you! Your problem seems to be that you are finished with one stage of our life and have not thought out how you will use the rest of your day. Your common preoccupation with your children kept you and your husband together till now, but now that glue is gone and you are drifting apart. Both of you should accept this and find ways to fill your days meaningfully. Surely there must be things you wanted to do in the past, but didn't have time for? Now, resurrect those dreams and find satisfaction in those activities. Take up new interests too and give precedence to those that require you to go out and meet people. Since you and your husband are going through a bad patch, give priority to those activities that you need to do separately. And do not worry. Your common interest in your children will always hold the two of you together.

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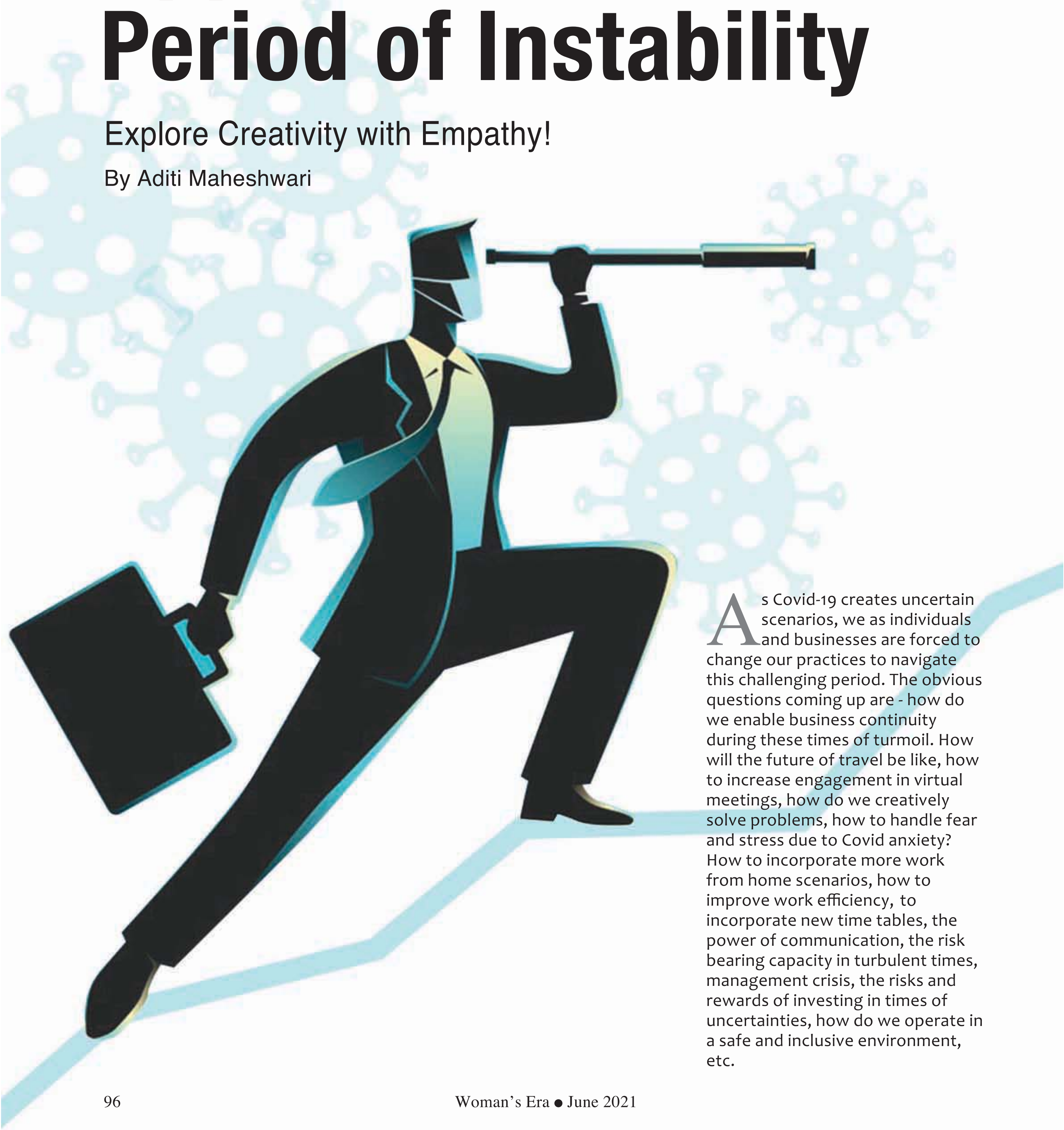
# Opportunities in a Period of Instability

## Explore Creativity with Empathy!

By Aditi Maheshwari



As Covid-19 creates uncertain scenarios, we as individuals and businesses are forced to change our practices to navigate this challenging period. The obvious questions coming up are - how do we enable business continuity during these times of turmoil. How will the future of travel be like, how to increase engagement in virtual meetings, how do we creatively solve problems, how to handle fear and stress due to Covid anxiety? How to incorporate more work from home scenarios, how to improve work efficiency, to incorporate new time tables, the power of communication, the risk bearing capacity in turbulent times, management crisis, the risks and rewards of investing in times of uncertainties, how do we operate in a safe and inclusive environment, etc.

## Flexibility builds resilience!

Instability is changing the consumer's needs and purchasing patterns. So, for your business to sustain during such periods, it's important to redesign your business structure. For individuals and businesses this period has introduced the need of innovation and creativity.

Virtual team-based problem solving is the fashion statement in the present times of social distancing. A reduced need for dedicated office space, the increased dependency on 5G, better data security requirements, etc. are the new work patterns relevant in today's time.

In this period of transformation, it is necessary to realign the following areas: communication style, education, enablement, creativity and innovation, motivation, expectations, spending nature, recognition, and rewards. It's important to think and analyse where the loop holes are, what are the current and future obstacles, measures to fill the potential gaps, measures to deal with the crisis, how to future-proof the system through technology and other means, etc.

## Leverage the Power of Multiple Streams of Income!

One must create multiple streams of income with more opportunities than that meets the eye. The following industries are hotspots of opportunities at the moment - technology, healthcare, marketing, ecommerce, online study, etc.

Look forward and examine the factors affecting your particular business and employees, leverage the punctuated equilibrium happening. We need to embrace our organizational vulnerability and at the same time create trust in order to sustain and thrive in the long term.

Effective performance is the result of thoughtful leadership. Competency development is the need of the hour.

## Augment Technology to bolster beleaguered sectors

Augment Technology to bolster beleaguered sectors such as education and real estate. We need to have a commitment to challenge assumptions and willingness to put ourselves out in erratic circumstances to make sense of the growing disruption in our world and mechanize the disruption into tangible results. The operating business models need to be remodelled. No individual or company has a bullet proof solution to handle the crisis. Connecting with others acts as a bridge to build resources, ideas and opportunities which in turn makes the journey bearable and helps in quick restoration. Our potential lies in our capacity to add value to our customers, clients and employees. Turn the victim mentality to that of a protagonist mentality. We need to have courage to dance with what unfolds. The capacity to innovate and adapt will determine the future results whether it's in relation to the social inequities that exist, impact of technology, the strength and design of our support structure.

**WE NEED TO HAVE A COMMITMENT TO CHALLENGE ASSUMPTIONS AND WILLINGNESS TO PUT OURSELVES OUT IN ERRATIC CIRCUMSTANCES TO MAKE SENSE OF THE** GROWING DISRUPTION IN OUR WORLD AND MECHANIZE THE DISRUPTION INTO TANGIBLE RESULTS. THE OPERATING BUSINESS MODELS NEED TO BE REMODELLED.

### Freelance, independent, and contract work will be accelerating.

Freelance, independent, and contract work will be accelerating. The definitions of recruiting and retaining the iconic talent, adapting to the new company cultures are rapidly changing. It gives an opportunity to pilot agile team design. Maybe it's an opportunity to be greatly productive. It's a time to deliberately focus on what we can control. It's time to develop mental flexibility, agility, innovation, creativity and critical thinking so that the dependency on outsourcing reduces naturally but the growth still continues. We are transitioning from job economy to skill economy.

FREELANCE, INDEPENDENT, AND CONTRACT WORK WILL BE ACCELERATING. THE DEFINITIONS OF RECRUITING AND RETAINING THE ICONIC TALENT, ADAPTING TO THE NEW COMPANY CULTURES ARE RAPIDLY CHANGING. IT GIVES AN OPPORTUNITY TO PILOT AGILE TEAM DESIGN. MAYBE IT'S AN OPPORTUNITY TO BE GREATLY PRODUCTIVE.

### Lead with Empathy!

We have to look at different forms of business leadership. The endemic niggles cannot be measured with firm certainty. Morale decline during this period will cost heavily on humanity. The best advice for companies during this period is to adopt a management style that is unique and which is designed such to empower employees, build trust and avoid a culture of fear. The trade now is finding ideas and turning them into business by fulfilling needs and solving problems. Innovation can occur when the most elementary questions are asked and when employees are given power and resources to find answers.

So, innovation has to be appropriate for your business. It must give you an edge over your competitors in such unusual circumstances. It's not just about innovating in an existing market but actually helping to create the market.

The best decision is to play by your strength. Even the most rarefied and exotic-sounding businesses work on familiar principles. An appetite for learning is vital if you are to take advantage of new opportunities in these unchartered waters of economic fluctuations. This will require you to take a real interest in people, and what they're up to, and how you can help them. You cannot strike gold on your own.

# I am Pregnant Q & A

I am seven and a half months pregnant. On examination the doctor found that my baby was not growing as well and asked me to get an ultrasound done. This has confirmed that my baby has intrauterine growth retardation. What are the implications of this conditions and what precautions should I take to improve my baby's health?

When the blood supply to the baby is reduced thereby reducing the supply of oxygen and nutrient to the baby, the internal environment becomes less than ideal resulting in intrauterine growth retardation (IUGR). The cause is usually not known though PIH (pregnancy induced hypertension) can be the culprit in some cases.

There is a narrowing of blood vessels in high blood pressure which decreases the blood supply to the baby.Treatment consists of high protein diet, bed rest in left lateral position to increase the blood supply to the fetus, blood thinning agent etc. Serial monitoring by ultrasound, colour doppler and non stress test (NST) keep the doctor informed about the well being of the baby.

If his condition is improving, the pregnancy is allowed to continue till the baby attains maturity after it is delivered by artificial pains. If, on the other hand, the baby does not improve or deteriorates, he is taken out of the womb earlier either by artificial pains or cesarean section. Nursery admission may be required.

●

I have developed severe pain in my tail bone during pregnancy. What could be the cause and what should I do about it?

The most common cause of pain in the tail bone during pregnancy is the hormone relaxin that leads to loosening of joints, even the ones that are fixed, to increase the space in the pelvis for the baby to pass through during labour. Other reasons could be jobs with prolonged sitting. Fall in sitting position, fracture of dislocation of the tail bone during delivery. There is nothing much that can be done about it except for taking paracetamol, apply cold compress or hot fomentation, not putting direct pressure on it by sitting on a an inflated ring. Do not sit for prolonged periods. It may take weeks to disappear, even after delivery and and an othro consult may be necessary.

●

I am two months pregnant but the ultrasound revealed just a fluid filled sac with no baby inside. What does this mean? Am I pregnant or not? What should be done?

You are pregnant alright but all is not well with the pregnancy. In all probability you have a blighted ovum. You should get the ultrasound repeated after two week. If no fetal node has appeared by then the conceptus has to be aborted as it is defective. Your doctor may send the products of conception for karyotyping to detect chromosomal abnormalities if any.

●

I am 21 years old and am five months pregnant but my stomach is barely noticeable. Why is it so?

As this is the first time that you have conceived, the muscle tone of your abdominal wall is good and that does not allow the enlarging uterus to fall forwards. Get yourself examined by an obstetrician and if she says that the pregnancy is growing normally you have no cause for worry.

●

Can we have sex during pregnancy?

Having sexual intercourse during pregnancy does not harm the fetus. You can continue to have intercourse right up to the onset of labor. As your abdomen enlarges, you may find intercourse more comfortable in positions that put less pressure on your abdomen like side by side or you on top. If you have a complication like a history of previous abortion, pain, bleeding or discharge during this pregnancy you doctor will advice abstinence. If you have a tendency towards preterm labour as diagnosed by a history of the same in previous pregnancies or by an ultrasound and/or internal examination in this pregnancy, your doctor may recommend avoiding intercourse and nipple stimulation. These activities may cause contractions of the uterus and preterm labor.

●

Iam 2 months pregnant. Please tell me what are the danger signals I have to look out for?

You will have to visit your obstetrician regularly for antenatal checkups. Besides this you should come to the hospital if you have!

- Bleeding
- Pain in abdomen
- Excessive vomiting
- Swelling
- Vaginal discharge
- Falls
- Urinary tract infection
- Severe headache and visual disturbances
- Baby is not moving.

●

What is a biophysical score?

This is an ultrasound examination, which evaluates your baby's wellbeing. It looks at your baby's

- Movements
- Tone (posture, flexion and extension of limbs),
- Breathing movements (movements of the diaphragm) and
- Amount of amniotic fluid
- Change in fetal heart rate during movements (usually it increases by 15 beats for 15 seconds)

After evaluation of the above the baby is given a score out of 8 or 10 (depending upon the centre). The higher the baby's score, the healthier it is.

*– Dr Amrinder Kaur Bajaj, MD*

# TEENS
# Grooming or Gaming?

## Understanding Teens Behaviour.

By Bhavana Ramakrishnan

In a world where many children get a cell phone of their own by the age of seven, social media can have a huge impact on their minds – good or bad depending on the content they are most drawn to and spend most of their time watching.

Though seven is too early an age to hand over a personal Smartphone for your kid, you may have to do so eventually because it won't be very long until their school work doesn't demand them of one. With a Smartphone, a new world is opened up to them through social media which they mostly enter to connect with their peers. The internet is a huge place to get lost for a very long time. Hence, you must let your children enter it only when they are fully aware of its pros and cons and the consequences of being a part of the online world. However, completely banning them from using a phone or creating an Instagram account to post their pictures is going to end up doing no good as it is very likely that one day you might discover that they have been using the internet not always for the greater good for a long time behind your back. If you try to control too much, you are only going to let it all go. Too much control is as good as no control at all.

What you actually need to do is to sit down with them and talk. You need to be on the same page as they are and educate them on what is good and what is bad. All you can do and all you should do are to instill certain values in them. Once you have done so, you can set them free. It is now for them to decide what path they are to choose because you have done your job. If your teaching has left a mark, they will do what is right. You do not need to monitor them every once in a while, to make sure they are not getting stranded away in the online vicious circle.

### EXERCISE YOUR AUTHORITY

At the same time, this does not mean you give your child complete freedom and let them do whatever they want to do. You must know when to step in and exercise your authority as a parent and set rules to make sure there is little space for negativity. When you notice something different in their behavior, talk and let them talk it out. What matters the most between parents and the children is trust. It is a two-way thing.

The mother or the father must not always be suspicious about what the ward is doing on his or her phone. The child also must not do anything that would break the parent's trust and abide by the morals instilled by them. The age gap between parents and children makes it uncomfortable for them to go up to their mom or dad and talk to them about many things because they feel friends who are more or less their age would understand better. With the internet slowly becoming a hub for cyber bullying and impersonation, parents need to take the effort to talk to their wards and make them open up when they feel something is wrong so that necessary steps can be taken before things get out of hand. Though social media has the advantage of connecting people all over the world through the direct messaging option, it really is misused at times by cyber bullies who harass over texts making them uncomfortable.

The Internet sure has taken over our lives and there is no way we can live without it

> **THE MOTHER OR THE FATHER MUST NOT ALWAYS BE SUSPICIOUS ABOUT WHAT THE WARD IS DOING ON HIS OR HER PHONE. THE CHILD ALSO MUST NOT DO ANYTHING THAT WOULD BREAK THE** PARENT'S TRUST AND ABIDE BY THE MORALS INSTILLED BY THEM THE AGE GAP BETWEEN PARENTS AND CHILDREN MAKES IT UNCOMFORTABLE FOR THEM TO GO UP TO THEIR MOM OR DAD AND TALK TO THEM ABOUT MANY THINGS.

Hence, it is impossible to completely cut out oneself from using the internet and sacrifice its benefits. Rather, a more rational thing to do would be to learn to handle its cons because, at some point of time or the other, we are going to be exposed to it. Make your child aware of hacking, phishing, stalking, and other cybercrimes, and also teach them how to handle these with a calm mind without panicking.

Online shopping has fascinated a lot of teenagers who now tend to give out their parent's card details to any website which happens to be unsafe as it could lead to cyber theft if the shop isn't authentic and the only people operating it are a bunch of scammers waiting for someone to place an order. If the online shop is not very well known, it is always safer to opt for the cash-on-delivery option.

With so much on the web, it is practically inexhaustible. One can spend all of their waking hours on it and still not get enough of it. This is one way by which a lot of students lose focus on academics. As a parent, if you see your son or daughter spending a considerably high amount of time on their phone which is distracting them from their usual life, tell them they must not do so. Ask them to take baby steps and reduce their screen time by at least ten minutes every day. Motivate and encourage them to develop other hobbies, teach them self-control and do anything but seizing their phone and punishing them as it will turn out to work the other way. Both you and your ward must work as a team. This will build more trust and confidence in them.

> WE ARE SO LOST IN OURSELVES AND OUR PHONES THAT WE FAIL TO REALIZE HOW LITTLE TIME WE HAVE AND HOW LESS WE APPRECIATE AND CELEBRATE THE PEOPLE AROUND US. FAMILIES BARELY BOND ANYMORE.

## LACK OF SLEEP

Another essential component we tend to lose due to excessive usage of digital media is sleep. Every physical activity has been made online with the advancement of technology. From playing games to reading books to shopping to even attending classes, everything is now being done from the comfort of home without moving a bone (except your finger that scrolls through your phone screen). This is yet another reason to make sure your ward engages in some sort of physical activity to maintain good health. Obesity is now becoming common among young children and they must maintain a fitness routine to prevent other health complications.

Lastly, social media has a very ironic impact. Though it was made to connect us with people who live far away from us, it did end up disconnecting us from the ones we are surrounded by and the reality. We are so lost in ourselves and our phones that we fail to realize how little time we have and how less we appreciate and celebrate the people around us. Families barely bond anymore. While one of them is always getting a phone call from work, the other is busy scrolling on his or her Instagram feed. The only idea of a family night these days is watching a Netflix show or a movie together on a weekend. No more do we see families playing board games and trying to understand each other by the means of heart-to-heart communication. While family gatherings were usually meant to meet up and bond, it now means taking selfies in the name of making 'memories' when there really is nothing memorable.

We must use our phones in limited quantities so that we don't get carried away from reality. It is also important to educate youngsters on cyber security and the dark web so that they stay safe. However, too much control is not to be exercised as it will only mean letting go.

# Teenache Q & A

WHAT IS THE RIGHT AGE TO WEAR MAKE-UP? I AM 15 YEARS old and studying in a famous girls'school in Dehra Dun. My mother refuses to let me use cosmetics when I go for get togethers and dances. Many of my friends get dolled up for such events and I too want to, but how do I convince my mother?

What exactly do you mean by "make-up"? If it means mascara, lipstick, foundation, etc, it is definitely not good for you. You are young, and your skin will have the natural glow of adolescenc e . Using make-up and other heavy cosmetics will cause harm to your skin, by clogging pores and reactions to the several components of beauty products. You could break out into rashes and allergies and start displaying pigmentation and acne.

This does not mean that you should eschew all cosmetics for those special occasions, just choose these carefully. You can definitely use a moisturiser or light cream with SPF to give a pretty gloss to your face. A discreet concealer can camouflage spots, acne stains and dark patches. Use lip gloss to add allure to your mouth, A lipstick of light hue, like pink and rose is also permissible. Get your hair styled with a shampoo and blow-dry. A deodorant can make you smell delicious. Alternately, use a delicate perfume on the nape of neck, cleavage, wrists and temples to mell gorgeous. Pretty accessories like bangles, chains, bracelets, hair clips, etc, can make you look very attractive. So,in a nutshell, leave the heavy make-up to older women and be proud of your natural beauty of teenage.

●

PLEASE TELL ME HOW LONG A TEENAGER CAN STAY OUT AT nights. I am a 15-year-old girl, gregarious and extrovert. Partying gives me such a high that I rarely miss an opportunity to live it up with my friends during the weekends. Admittedly, my parents do not object to my going out, but they insist on knowing who will be coming, where the party is, etc, etc, In fact, Dad always drives there to bring me back at 10 oclock!! I feel awful leaving the party when it is just getting underway as all the others stay there till midnight. How do I convince my parents that they should chill and not chaperone me like I was a baby?

It is understandable for a teenager like you to chaff under these restrictions when you feel so grown up and powerful! Your parents, on the other hand know more about the seamy realities of life where vulnerable adolescents can easily get into big trouble.

Youngsters may indulge in rave parties where drugs and alcohol is surreptitiously passed around...and this can make cause fights and altercations which quickly get out of control. Also, in such places where inhibitions are often dropped, sex can be on the cards. These are all potentially dangerous situations for young persons. Can you blame parents for wanting to keep their children safe? Anyway, you are too young to stay our late at night,definitely not as late as midnight. Appreciate the fact that your parents are giving you permission to go the parties, and understand just why they are placing a curfew time for you.

●

I AM A 17-YEAR-OLD GIRL WHO LIVES IN A COLLEGE HOSTEL, FAR from my parents ' home. My elder sister's marriage was fixed recently and I went down to attend her engagement ceremony. When I saw her finace, I fell in love with him at first sight! I simply could not take my eyes off him!

Relax and just let time do the needful. As days pass,you will find you think about him less and less. Avoid brooding over him, and keep busy to crowd out obsessive thinking about him. Go out with friends, and on dates with other young men. This will help you get over your infatuation, for this is just what it is. Avoid meeting them for some time too, and this will help you get a grip on yourself.

In any case, keep your thoughts to yourself , with out causing chaos with your confession, which will only make you look silly and embarrassed as you have no reason at all to believe that this man is reciprocating your feelings .

●

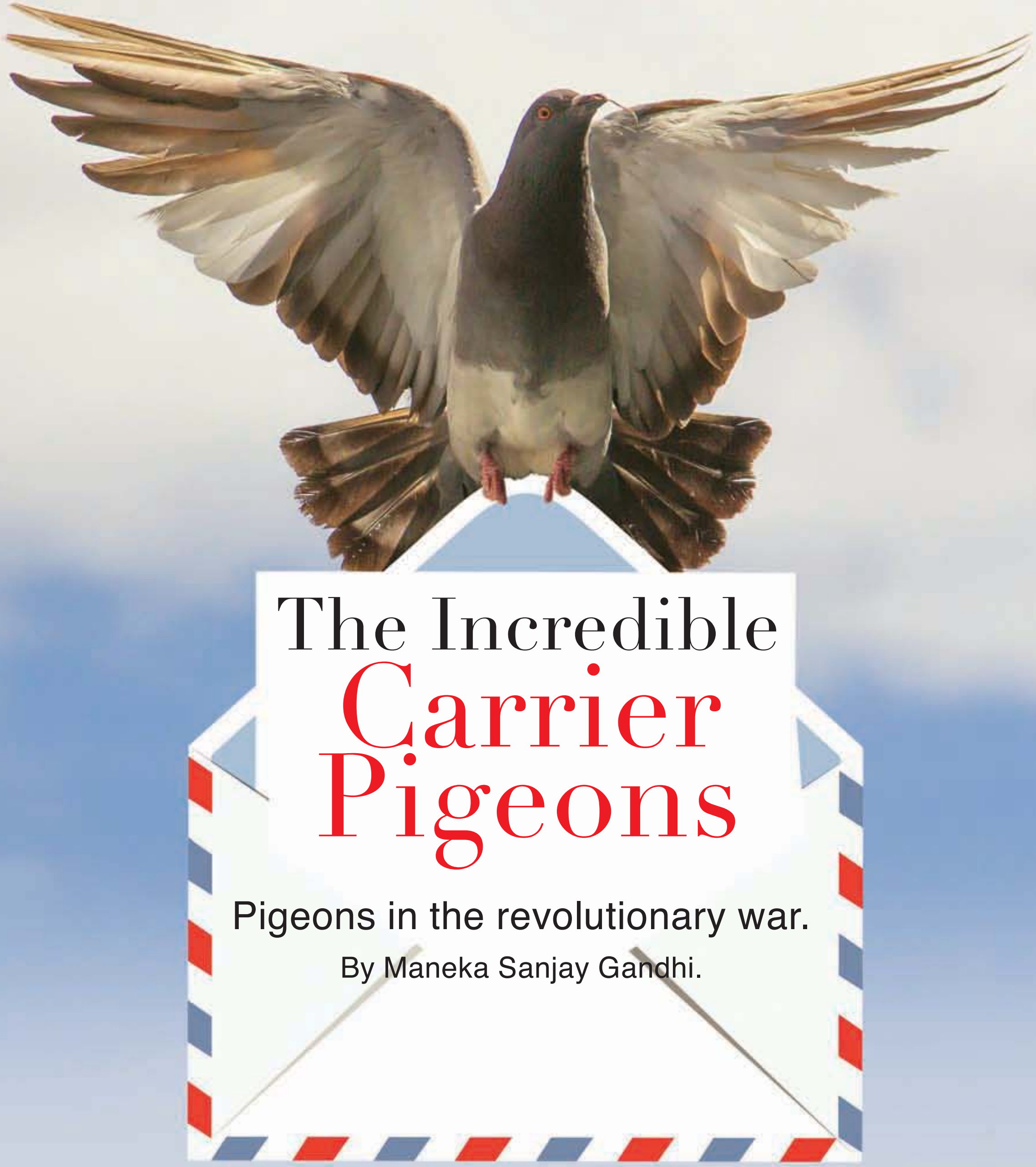
I HAVE VERY THICK HAIR GROWING ON MY ARMS AND LEGS, UPPER lip and under my chin, in comparison to my friends. I am a 16-year-old girl and very worried after a friend warned me that this could mean that I could turn into a male. She said she has read of many such cases. Please tell me if this could be true. What must I do?

It is surprising that you could believe such nonsense . Of course you should stop worrying on this score. Hirsutism or the growth of superfluous hair on a woman's face, chest, arms, etc, in a male pattern is very common.

It could be a hereditary trait. Certain medical conditions could cause it. Excessive male hormones called androgens could be at the bottom of this problem too. In short, first consider if this condition runs in your family...among the female members,especially. If not, consult a doctor to check on your endocrinological status. Anyway, this is easily treatable. In the meantime, you could get the superfluous hair removed in a beauty parlour with depilatories, waxing, threading, etc. It can be camouflaged very well with bleaching too.

So, relax and stop worrying over turning into a male....and do not believe everything your friends say.

This column is especially for teenagers. Adolescence can, we know, be a trying and confusing time. There are so many questions which seem to evade solutions. A wrong decision, or an indiscreet move, can spell disaster and ruin a life. Share your problem, worry or doubt with us and **WE** will help you find a way out — to a happier, healthier and more successful adult life. Send your problems to:
**WOMAN'S ERA** E-3, Jhandewala Estate, New Delhi-110 055, Womansera.com



# The Incredible Carrier Pigeons

## Pigeons in the revolutionary war.

By Maneka Sanjay Gandhi.

I like pigeons. Their voices are soft and rhythmic. I have put up baskets for them in the front verandah and they live there quietly. They don't ask for food – probably because they are fed at the roundabout near my house by compassionate people who come from far to drop grains for them every day. I have a bird table of rice and fruit so they can feed them whenever they want.

The Mumbai Municipal Commissioner has made it the feature of his (hopefully brief) tenure that he will get rid of the pigeons from Mumbai. Those who go looking for something to hate and often pick on pigeons should know what they have done for us humans over the years. The first airmail using pigeons was established in 1896 in New Zealand and was known as the Pigeon-Gram Service. Their speed averaged 77.6 mph, only 40% slower than a modern aircraft. Each pigeon carried 5 messages and special Pigeon-Gram stamps were sold for each message carried.

In the First World War, pigeons were used extensively for carrying messages. German marksmen were deployed to shoot the birds down. Pigeons were carried in tanks and released through tiny portholes in the side. Mine-sweeping boats carried pigeons so that in the event of an attack by a U-boat, a pigeon could be released with a message confirming the exact location of the sinking boat, often resulting in the crew being saved. Seaplanes carried pigeons to relay urgent information about enemy movements. In the Second World War, pigeons were used in active service in Europe, India, and Burma.

The last pigeon messaging service in the world was in Odisha called Orissa Police Carrier Pigeon Service and it disbanded in 2006 after 60 years of active service and 800 birds. Carrier pigeons had provided daily communications between Orissa's 400 police stations across the state. They carried essential messages during two natural disasters: the massive cyclone in 1971 and the unprecedented floods in 1982. Their ability to fly in adverse weather conditions saved many human lives.

In the 5th century BC, the first network of pigeon messengers is thought to have been established in Assyria and Persia by Cyrus the Great. In 2000 BC they were carrying messages to warring groups in Mesopotamia. In 53 B.C they carried Hannibal's dispatches. Julius Caesar used pigeons during the conquest of Gaul from 58 to 51 BC. Indian and Arab merchants used carrier pigeons when visiting China. At the first Olympic Games held in 776 BC, every athlete had a homing pigeon from his village. If he won his event, he would be the bird that carried the news home.

Between 63 BC-AD 21, the Greek geographer Strabo noted that pigeons flew between certain points along the Mediterranean coastline to carry messages of the arrival of fish shoals for waiting fishermen.

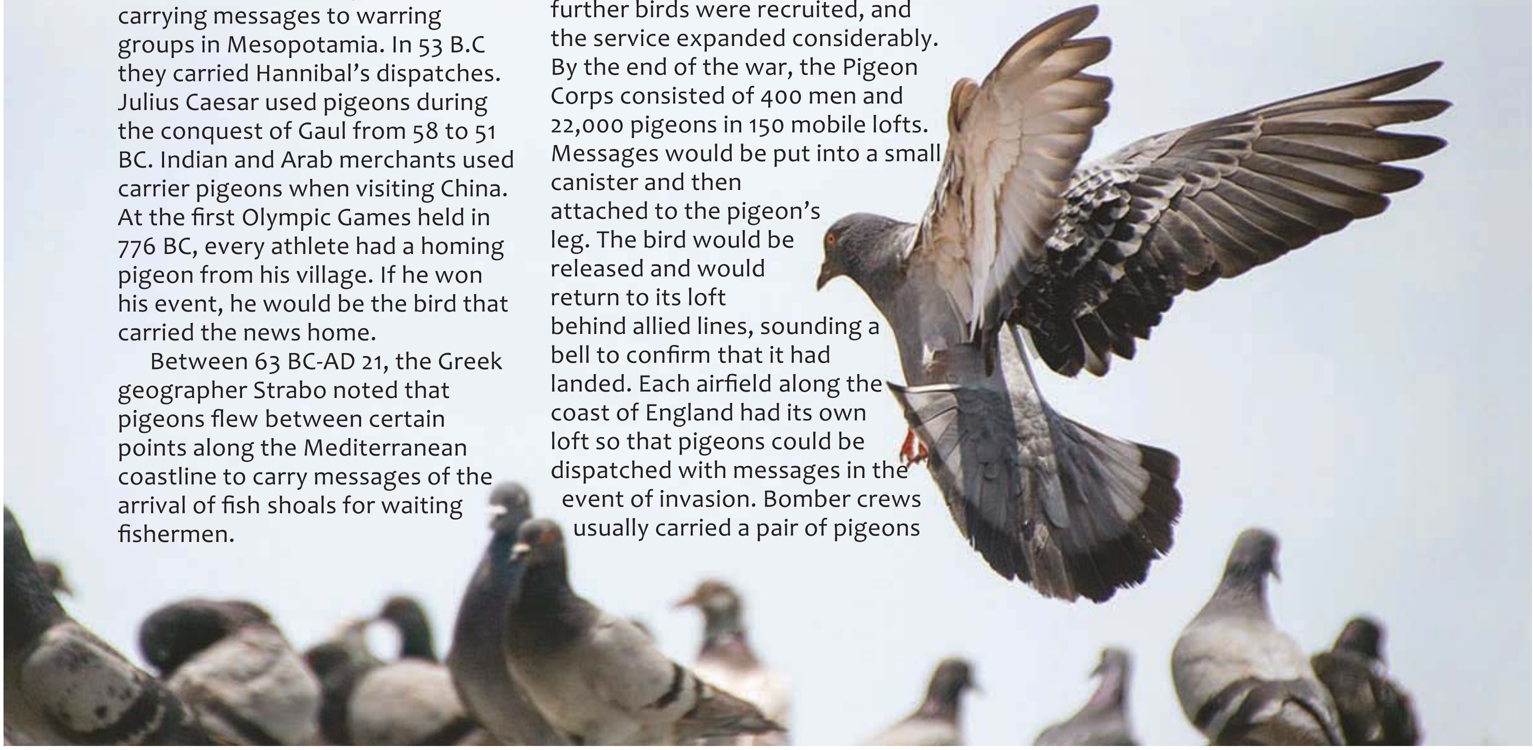
The news agency Reuters originally used pigeons to disseminate news in the 1840s. Paul Julius Reuter's pigeons only stopped when the telegram was invented. In 1870 they carried messages throughout France during the siege of Paris.

## PIGEON CORPS IN FIRST GREAT WAR

In 1915, at the start of the First Great War, two Pigeon Corps was established on the Western Front, consisting of 15 pigeon stations each with 4 birds and a handler. The Pigeon Corps was so successful that further birds were recruited, and the service expanded considerably. By the end of the war, the Pigeon Corps consisted of 400 men and 22,000 pigeons in 150 mobile lofts. Messages would be put into a small canister and then attached to the pigeon's leg. The bird would be released and would return to its loft behind allied lines, sounding a bell to confirm that it had landed. Each airfield along the coast of England had its own loft so that pigeons could be dispatched with messages in the event of invasion. Bomber crews usually carried a pair of pigeons so that in the event that the plane was shot down, the birds could be released with details of the crash site.

**CARRIER PIGEONS HAD PROVIDED DAILY COMMUNICATIONS BETWEEN ORISSA'S 400 POLICE STATIONS ACROSS THE STATE.** THEY CARRIED ESSENTIAL MESSAGES DURING TWO NATURAL DISASTERS: THE MASSIVE CYCLONE IN 1971 AND THE UNPRECEDENTED FLOODS IN 1982.

These birds played a major role in the Intelligence Service in the First World War. They were sent to



maintain contact with resistance movements across Europe. Fewer than 10% survived the shell fire, small arms fire, poison gas.

Over 1, 00,000 British pigeons lost their lives in military service. Red Cock flew back a torpedoed trawler carrying the grid reference of the sinking boat and saving the crew. In October 1918, 500 men of the 77th Infantry were trapped in Argonne, France with no food or ammunition and being bombarded by their own side. The major sent the pigeon Cher Ami with a message for rescue. The bird was shot through the breast by enemy fire and fell to the ground. She got back into the air and flew 25 miles back to Division Headquarters in 25 minutes. The men were saved. Cher Ami had delivered the message despite having been shot through the breast, blinded in one eye, and with a leg hanging by only a tendon. The Dickin medal is awarded to any animal that has distinguished itself through an act of bravery in wartime. Of the 55 medals awarded to date, pigeons have been recognised 32 times- much less than they deserve because they saved the lives of lakhs of people. The American and Australian Services also used pigeons extensively and had their own pigeon units operating in different countries. So did Burma (Myanmar) and India.

Some years ago, the Indian army captured a pigeon carrying a message from the Pakistan army.

Pigeons were used for aerial photography. A miniature camera was mounted to the bird's breast via a canvass harness and the pigeon was sent to areas of strategic importance to capture images. The films provided information about enemy troop movements and air bases. Information relating to exact positions of the V1 flying bomb site in Peenemunde in Germany was conveyed by pigeons – information that turned the tide of the war.

In 2004 an impressive memorial to commemorate all the animals and birds killed during wartime was erected in Hyde Park. Pigeons have been given pride of place in the sculpture with two pack mules in the foreground weighed down with munitions and cannon parts. Pigeons more than any other animal have been man's best friend in times of crisis. They give of themselves for just a handful of grain. You need to repay your debt every day.

How I Met My Husband

## Arrange-cum-love marriage

I wasn't in favour of arranged marriages. I was eighteen and I wanted to make my own life choice.

I exercised my right to refuse an offer and I refused eleven eligible bachelors! My father summoned me to his office room and asked me point blank what kind of an ideal partner I was looking for. I stated three conditions. He should demand no dowry was the first one. He should have studied abroad was the second and thirdly his family should be of the same social status as ours. My father was amused but promised to fulfill them. A week later, my uncle from Mysore, informed us that he would be visiting us with a close friend's family after their pilgrimage to Rameswaram. When the big group arrived we sat under thee Wood Apple tree in a semicircle. There was a young man who stood up when I entered. He was polite, courteous, and friendly and helped my mother in serving snacks and tea. He was observing me and I watched him closely. I learnt later that he was a captain in the army, had studied in Edinburgh and that his academic record was excellent. He was posted in the North Eastern sector and was building border roads in Sela Pass and Tawang at 13,000 feet! His parents were doctors in Bangalore. His father had won the Military Cross for bravery in Burma action and his mother was honoured as the first woman doctor of erstwhile Mysore State.

I was very impressed and we got engaged. A few months later, the young man gave us a surprise visit.

We were allowed to meet, talk and get to know each other. We found that we shared the same values- hard working, goal oriented, absolute honesty and the courage to fight for what is right! We shared our experiences. We supported each other, we inspired each other and we both achieved our goals. We have been living happily ever since.

*–K Nalini*

TRUE Incident
Be a WINNER Of CONTEST

*Has something happened in your life that has left an indelible impression on your mind? Some experience that gladdens your heart or which makes you shudder with pain or embarrassment even after years! Why not share your experience with the readers of Woman's Era? All published incidents will be paid ₹200. Please type or write neatly on white foolscap paper and send it to:*

*HOW I MET MY*
*HUSBAND*
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Womansera.com

*Name:*
*Mobile:*
*E-mail:*

# Child Challenges Q & A

I have a 13 years old daughter who is obese, has some menstrual problems and excessive hair growth on her cheeks and upper lip. We took her to a gynecologist, who prescribed some medicine for her menstrual problem and told us to make her to reduce her weight. As my daughter is very conscious of this extra hair on her face she asked us to consult a cosmetologist. Could you please give us the right advice?

There are different methods of removing unwanted hair ranging from daily shaving to waxing to electrolysis and now the latest in the list in Laser hair removal which is also the most expensive. Shaving of facial hair is not acceptable to most females. Waxing as a procedure is available at most beauty palours and makes but a modest dent in the pocket. Electrolysis is painstakingly slow process and of benefit. Laser therapy works by emitting a beam of light that gets converted into heat that is absorbed into the hair shaft and alters follicle's ability to grow hair. It has long term results and low pain factor. Local anesthetic agents are applied to numb the skin. Each sitting costs Rs3500/- and at least 4 sittings are required.

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My son has got mild symptoms of corona and is on home quarantine. How do I keep the other members of the family safe?

When one member of the family is in quarantine, the whole family will need to stay home. Keep other people and pets in the house away from your child as much as possible. See to it that only one person takes care of the sick child so that others are not exposed. If the child is over two years old and can wear a face mask or us a cloth to cover his nose and mouth, without finding it difficult to breathe, make him wear it when the caregiver is in the room. On the other hand do not leave him alone when he is wearing a mask or cloth face covering. On no account should the caregiver remover her mask when she is in the same room as the sick child, whether the child had covered his face or not. If possible, the sick child should use a different bathroom from others. If not, clean the bathroom often. Keep other people and pets in the house away from your child as much as possible.

●

Please tell me what sort of nappies should I use for my child? The disposable ones are too expensive and I do not know if cloth ones are good enough. Also please tell me how often should I change the diaper and what is the right way of doing it?

You could use cloth nappies, disposable ones or a judicious mixture of both - the latter while going out and cloth ones at home. You would probably need 10 diapers a day. Before changing the diapers make sure that everything you need is at hand so that you do not leave the baby unattended. After each bowel movement or if the diaper is wet, lay your baby on his back and remove the dirty diaper. Use the water, cotton balls, and washcloth or wipes to gently wipe your baby's bottom and genital area. When removing a boy's diaper, do so carefully because exposure to the air may make him urinate. When cleaning a girl child, wipe her from front to back to avoid infection. Do not powder the local area. Wash your hands thoroughly after changing a diaper. Make sure that your working level, be it in the kitchen or by the wash basin or nappy changing should be high enough so that your back remains erect while performing these chores. Repetitive/constant back bending can lead to chronic backache.

●

I am about to deliver my first child. Please tell me what to expect in the initial stages?

During the first few weeks you'll notice that your baby keeps his body curled up in the fetal position he was used to in the womb. Also, babies spend most of their time sleeping. You feed and burp him, change his nappy and he is asleep again. This is normal. Sneezing and hiccups occur frequently and don't indicate infection, allergies, or digestive problems.

I have an eight month's old son and as yet he has not developed sleep pattern. This is making all of us irritable. Please tell me how to make him sleep properly at proper times or is it too early to start doing the same. This is the right time to develop a proper sleep pattern.

To help him do so you could set a routine for every night and adhere to it. Put him to sleep at the same place so that he associates the place with sleep. Keep the area dimly lit and quiet so that he understands the difference between night and day. Do not switch on the lights while feeding. Quickly burp and change his nappy without talk or play as you would do in the day. You could put him to sleep by patting, singing to him, rocking or walking him around in your arms or in the pram.

If he wakes up after he has settled down, gently soothe him back to sleep. Do not take him to the hustle bustle area of the house that will provoke him to wake up. Such rituals may take up to an hour initially but after a month or so you baby will get the 'it's time to sleep' message and will miraculously fall asleep within minutes. If you need to wake your baby up for whatever reason do not do so by shaking him. Such rough handling can be dangerous. Instead tickle is toes or blow gently on his cheek.

*– Dr Amrinder Bajaj, MD.*

Readers are invited to send their problems of child care and child rearing. WOMAN'S ERA will provide the answers, solutions to problems usually encountered by mothers, young and old. Address your letters (neatly written on white paper) to:

**WOMAN'S ERA** E-3, Jhandewala Estate, New Delhi-110 055.

# The Toilet Etiquette

High time for hygiene.

By Kalpana M Naghnoor

Women, on a daily basis, are faced with the problem of not being able to use a clean toilet, outside of their homes. Commercial Street is an iconic shopping road in Bengaluru every commodity can be sourced from – from lingerie to furniture. The variety of products available here is truly amazing. There is a continuous footfall of purchasers. Anyone who has a shop here is bound to make money unless he is not sensible about business. Yet, the entire street and the various shops do not provide toilets. There is a restaurant with a toilet, and because of which many women go there, order food and use the facility.

## Indifference to the need

Here is another example of apathy, there is a plush school in the CBD of this city, where, in the toilet, there is no electric bulb. When the children shut the door there is total darkness, no comfort whatsoever in using the facility. Even in this day and age, the toilet is the least consideration among people.

Precisely the reason being, I appreciate the Prestige Group. The builders were the first to introduce clean toilets like you see abroad, in malls in Bengaluru. Eventually other malls too began providing toilets and other shopping areas have seen a fall in business because of that. I find it funny that shop owners rue the fall in business, in the old shopping areas where there are no toilets. How can they not see this as one of the reasons that the footfall has decreased, apart from the lack of parking of vehicles.

The lack of toilets affects women from all strata of society. The vendors can be seen relieving themselves behind trees – a rare sight, but it does happen. There are many aged and old women who are homeless. They too can be seen in the wee hours of the morning taking a similar recourse. There are the women in youth and midlife who cannot be an auto driver or a salesperson for the lack of toilets en route, in the nature of work.

### No comfort at all

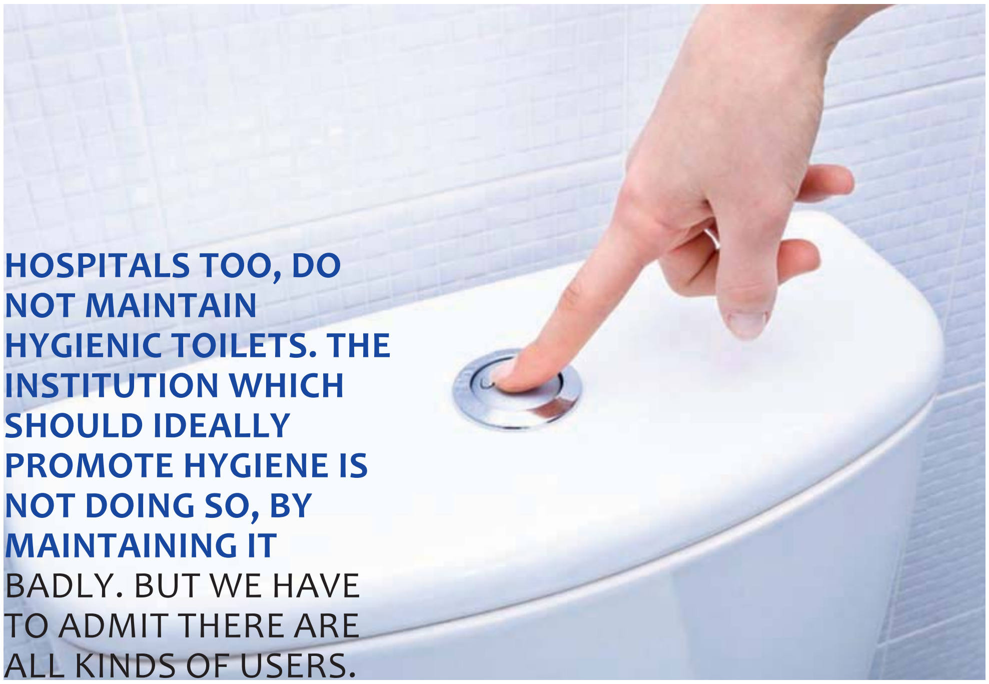
The other concern is not just toilet but the comfort to be able to change and dispose off a sanitary napkin or even vend one. We have a long way to go before women find it comfortable on the move. The lack of a basic facility like a toilet is shocking but we endure that on an everyday basis.The government has some toilets I see as I drive past them, the stench comes through the rolled-up car windows. I shudder at the thought of how women are expected to manage in such reeking situations. The visitors toilet in the Karnataka International Airport, the one outside too, is pretty bad. Indifferent women are made to be in charge, I feel sorry for them as well.

### The people must use toilets properly

It is so distressing that in the few places where toilets are provided, some people misuse them, by using it carelessly. Why? Why this disregard for possibly the most contaminable place, everyone needs to be vigilant in its use. Hospitals too, do not maintain hygienic toilets. The institution which should ideally promote hygiene is not doing so, by maintaining it badly. But we have to admit there are all kinds of users. But everyone needs to imbibe the right and responsible way to use the toilet.

### Setting goals

- This problem can only be taken care of by the government. The government need not spend, but it can allot plots on which toilets can be built in commercial areas. Private enterprise will take over if they are allowed to see revenue there.
- People should demand proper toilets. The toilets sometimes available are ones with just water, absence of soap and toilet paper is a non-issue.
- Ventilation is not provided in some toilets; this must be remedied.



> **HOSPITALS TOO, DO NOT MAINTAIN HYGIENIC TOILETS. THE INSTITUTION WHICH SHOULD IDEALLY PROMOTE HYGIENE IS NOT DOING SO, BY MAINTAINING IT** BADLY. BUT WE HAVE TO ADMIT THERE ARE ALL KINDS OF USERS. BUT EVERYONE NEEDS TO IMBIBE THE RIGHT AND RESPONSIBLE WAY TO USE THE TOILET.

- Toilets must have washbasins.

### Toilet etiquette

- We must always remember that there are others who will use the toilet afterwards, so every user must use it without dirtying the toilet.
- Carry a sanitizer for your own benefit.
- Indian toilets are not ready for the toilet paper to be thrown into the water closets, so as notice a bin provided and throw it there so not to clog it up.
- Restaurateurs may well be advised to have air-fresheners put in.
- We must flush after use and leave a clean bowl.
- If you see the woman in charge of the toilet, please tip her!

I have noticed that high end places like malls and restaurants provide very good toilets. But women visit so many other places like a railway station, bus station, shopping areas and generally maybe on the move. But there are no clean toilets.

- So, women drink very little water so not to use a toilet. This can be bad for health.
- Choice of job opportunities become less as women do not have the required facility.
- Sometimes some odds and ends remain undone because of this problem.

It is very terrifying to know that this is a miniscule consideration in a country with a very large population. People reading this article may say there are villages where people rely on natural surroundings! Did you not know it's true? I do know, but strange as it may sound the village folks take in and accept what city people do. Like, how India used to send corporators, to developed countries to see, learn and incorporate some civic amenities here. Likewise, when the folks come to the city see and learn they too will demand. Here is the difference the city can see change faster, as its development is helped a lot by private enterprise. As afore mentioned, malls and other private areas have clean amenities. But the rural areas are dependent on the government for all their needs. So they must voice their demand.

A clean toilet is a personal demand. It is a needed requirement. No amount of technological processes and launching of satellites is really a success without basic amenities. Sometimes I am forced to wonder if India is running before it learned to walk. Yet science can resolve many questions. That we should have such a problem in this day and age is a reflection of our own hygiene priorities. Now it is high time we changed that. Clean toilets should be the new mantra!

Short Story

# ROTTEN FLOWERS

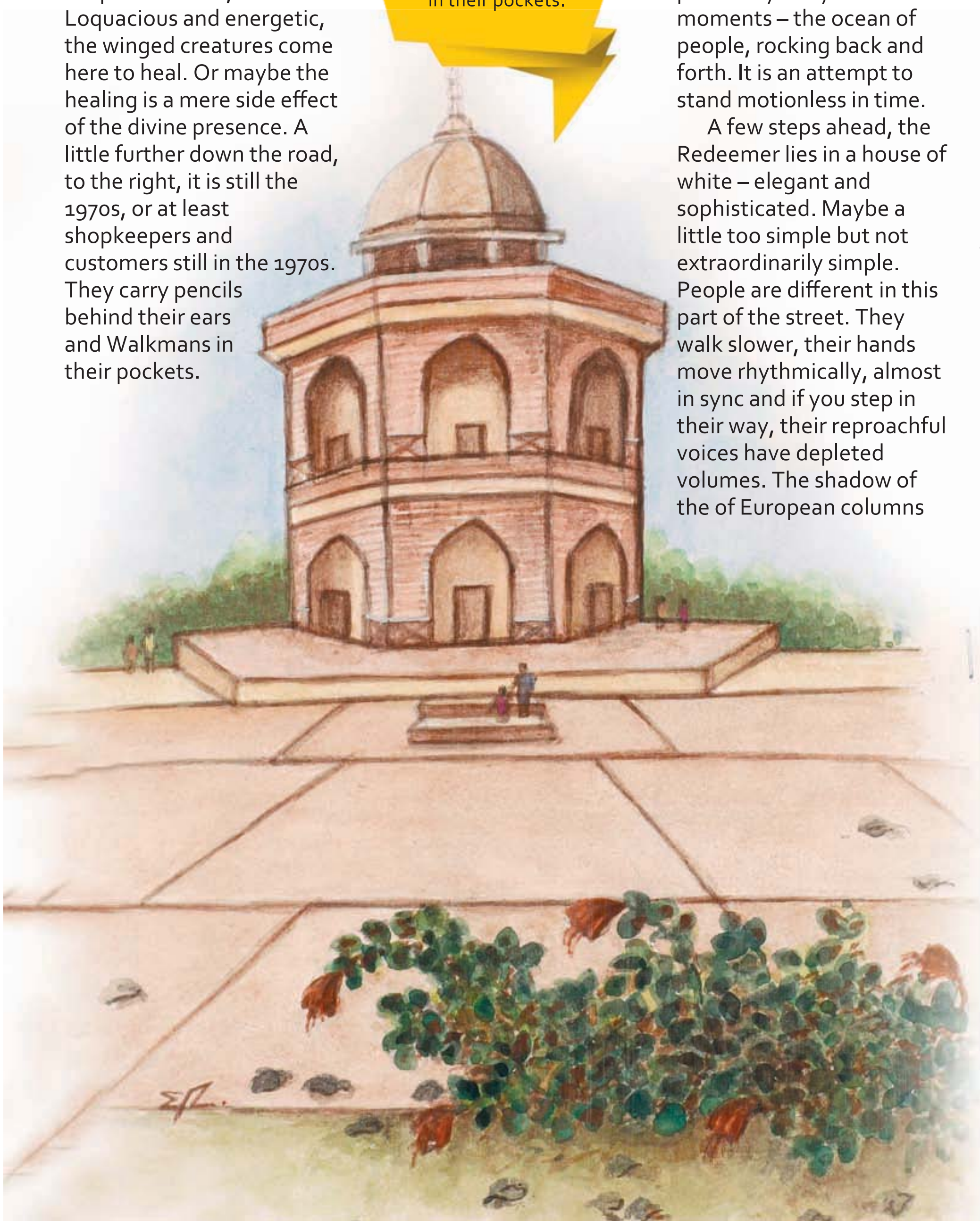
*A walk down memory lane: Old Delhi* By: Khushi Jain

Petals sweltering under the scorching sun and leaves drying to flakes. Battered, on the grey concrete, incessantly stomped on by local chappals and tourist Nikes. The scent lingers though, mixing with the smell of petrol and sweat. The Lal Mandir is alive with its most frequent visitors, the birds. Loquacious and energetic, the winged creatures come here to heal. Or maybe the healing is a mere side effect of the divine presence. A little further down the road, to the right, it is still the 1970s, or at least shopkeepers and customers still in the 1970s. They carry pencils behind their ears and Walkmans in their pockets. The left is completely devoted to cycles – both old and new, both taken apart and complete.

It hits suddenly. No. It doesn't hit, it attacks. That same scent, only richer. Idols of stone, their necks blooming with those that ultimately lie half dead on the congested roads outside. It is strong enough to be discomforting. For a split second, the entire idea seems discomforting. But it is easy to shrug off. The pandemonium is enveloping, it is exciting. Curiosity oozes out of every pore as eyes try to catch moments – the ocean of people, rocking back and forth. It is an attempt to stand motionless in time.

A few steps ahead, the Redeemer lies in a house of white – elegant and sophisticated. Maybe a little too simple but not extraordinarily simple. People are different in this part of the street. They walk slower, their hands move rhythmically, almost in sync and if you step in their way, their reproachful voices have depleted volumes. The shadow of the of European columns hugs their faces, it is an embrace of soothing tranquillity.

> They carry pencils behind their ears and Walkmans in their pockets.



Deeper into this motley of people, markets and hasty dreams, is a Sybaris. Fresh fruits chopped with a dangerously sharp knife, in motions swift enough to make you dizzy, peppered with all kinds of condiments – when teeth bite into them, the entire nervous systemsizzles with energy. The voluptuousness continues with the confluence of mint, dry mango and black salt. Lazing in a siesta in colossal earthen pots, jaljeera is electrifying all the way from the palates of the tongue to the pits of the stomach. The spicy green liquid floating in ice is no less than a slap to the boiling months of June. Not far from this is the eccentric soda in its equally eccentric kanche-vali bottles, waiting to flow into parched food pipes. It is strangely ironical that the man selling these stands drenched in sweat beside a thirsty fountain.

A lofty building of a sombre orange with open courtyards sits on a platform gazing at this spectacle. For a few days each year, lights festoon every inch of this edifice. It shines in all its glory. Today is not one of those days. But that doesn't mean that it is defeated. It is humble. And therefore, much more glorious. Its golden domes bounce off the rays of the sun, they are competitors; and more often than not, Phoebus Apollo has to forfeit.

It is here that the effervescence reaches its precipice. Windows glitter with rhinestones and textiles. Old coins clink in steel bowls, their songs more romantic than those of wineglasses. The waning flowers no longer populate the air. Or they do. Because the air smells of everything at once, its indiscernible. There's a weightlessness, an abundance in this pocket of human suffocation. Existence stops. It slowly withers away and leaves behind a nakedness that is liquid. And that flows. There are no confusions, no hurries, no anticipations and no regrets. But it is not stagnation either because there is constant movement, it flows.

## You flow

Like water. There is a temptation to sip it. The desiccation has returned and with it, an indefatigable consciousness. In some ways, the corporeal has always overpowered the immaterial. But this water is different. It quenches without kissing the lips as eyes feast on the seven arches swaying slightly in the constituent of the ornamented bowl. It has always been food for thought, the idea that water is continuously moving but never reaches. Perhaps, it has already reached. But it still stirs, it still roams, a gypsy in search of solitude.

Men loiter in white kurtas and checked pyjamas. A low hum is emanated by the grey speakers, it makes the whole mosque echo with tactile vibrations. The central white dome is barely visible but its presence is undisputable. Pigeons walk on the mammoth red-sandstone tiles like Jahaanpanas of the place. The arrival here has been a sedated epiphany, the puzzle coming to life piece by piece. It is also an unravelling of the nerves. Time really did seem obsolete in those previous moments. Were they even moments?

## You turn

The grandeur is blinding. It is not singular. Remember, this place is decadent. There is a flavour all around – in every bit of space. Reds, ochres, greens, yellows, browns, blacks and whites percolate into the skin cells – drip dripdrip. How could this not have been sensed till now? Remember the decadence. It is excessive, overwhelming. Bodies bundled in sheets of corporate routines in stale suburban pockets take time to notice it all, to register everything. The spices are not in tin boxes and jute boris in warehouses, the spices are not in weighing scales and customers' palms. They are on the tongue, settling under the skin and dissolving into blood. And what the eyes witness is no less of an experience.

It is a celebration. Qila-e-Mubaraq. Everything else is worthless and rightly disappears. Everything but the spices and the people. The ocean of people becomes one large blurry mass. The fort steals away all life. It stands over them, on their heads.

It looks like something never seen before. Distance does that. A sleek snake of red stone sleeps while minarets soar high into the cloudless blue sky. Imagination moves its cogs and starts dressing up the lifeless structure into a bride.

*Locked in a city and ironically, also away from it. Is it an unfinished love story? No. It seems more like a one-sided romance. You don't fall forMakhfi because she yearns for someone else. And yet you did, you do, every day, every time. Can love become a routine yet in its familiar essence hold an originality of experience? Can it become a poem you know by heart yet have to read it each time you try to recite? You identify with them, the rotten flowers of Old Delhi.*

You are decorating her for yourself.

A thin river of chandnislithers towards you.

You pin a thousand moons into her hair.

The gleaming silver is reiterating a silent prayer.

Her veil overflows with golden zari and lotuses lining the edges, join in a chorus of blessings.

## The rotten flowers

That is all you think off as the bride adorns her wrists with bangles and ties singing anklets on her feet. They are in there somewhere with the spices. Trampled and torn, awaiting eternal sleep on the foot of this fort, you don't see them and yet you do. It is Tuesday today, 16 of June 2020. And the 1970s. And the 1850s. And the 1650s. All together. Temporality is lost one moment and rediscovered the next. The cycle is incessant. Time is a joke and you are the punchline.

Locked in a city and ironically, also away from it. Is it an unfinished love story? No. It seems more like a one-sided romance. You don't fall forMakhfi because she yearns for someone else. And yet you did, you do, every day, every time. Can love become a routine yet in its familiar essence hold an originality of experience? Can it become a poem you know by heart yet have to read it each time you try to recite?

You identify with them, the rotten flowers of Old Delhi.

*"Sippiyo Ke Honth Se Moti*
*Chhalak Rahe Hain*

*Ghazlon Ke Sohbat Mein Geet*
*Bhee Behek Rahe Hain*

*Samandar LeharoKee Leharo*
*Kee Chaadar Odhake So Raha*
*Hai*

*Par Main Jaagu Ek KhumaariEk*
*Nasha Sa, Ek Nasha Sa Ho*
*Raha Hai*

*Tu Magar Hai Bekhabar, Hai*
*Bekhabar*

*Dil Gira Kahin Par Dafatan"*

# CLASSIFIEDS

## WANTED BRIDE

"A loving, caring, romantic and well settled 34 years old boy searching for a good looking, sincere, loving and broadminded Girl/Lady for long-term relationship based on mutual trust and understanding. I believe in true love and wish to have our relationship loaded with romance and deep affection. Interested Girl/lady may Call/SMS me at: 07874997446"

BENGALURU resident, 29, financially well settled, handsome boy seeks beautiful, educated, caring, sincere, broadminded homely girl, no dowry, no caste bar. Looking for Companionship/Marriage. Please contact on +917022506767.

I AM a 39 year old 5'8" physically handicapped man who wants a friendly, helpful and cooperative live in partner aged below 35 years for myself. She can be a divorcee or widow but without children. I am from a reputed family living in Delhi. My father is a senior retired government officer. Please contact: rb074@yahoo.co.in

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Kitchen queries
Q&A

### Please tell us about the variety of India's most beloved comfort food -The Biryani.

Biryani is classic and an exotic staple of many households in our country. This rice based dish may contain meats to vegetables or exotic seeds such as quinoa.

The dish has innumerable versions, it is eaten in a different style, a different presentation and with a different name in almost all parts of the world. Pulao, Yakhni pulao and Tehri in India, Rice Pilaf in Eastern Europe, mandi in Arab, Paella in Spain, Risotto in Italy, Tahdeeg in the Iran region.

Zarda a sweet dish which is cooked with rice and lots of saffron is savoured all over India. In Mumbai extra ingredients like tomato, potato, dry fruits, coconut and lemons are added while in Hyderabad it is served with salad. Indeed Biryani is an all time favourite in our country and has stood the test of time.

●

### Please innumerate the various benefits of "Matcha".

Matcha- served hot or cold, is rich in antioxidants, vitamins, minerals and nutrients, making it one of the healthiest beverages. There is a high level of chlorophyll, flavonoids and oxidants in matcha that forma powerful anti-bacterial defence. The best way to have matcha is as a drink with matcha tea powder, infused with some nice herbs such as ginger, oregano and lime for maximum health benefits.

Apart from drinking one can also eat matcha. Simply sprinkle matcha powder on different dishes of snacks or even desserts. Too much of anything can be harmful, since it is a caffeine drink over-consumption can cause headaches, migraines, indigestion, diarrhoea, insomnia, fatigue etc. One to three small cups of matcha a day should not have any side effects.

●

### How can we make sweet potato skins taste delicious to eat?

It is true that we do not prefer to eat sweet potato skins as they are not pleasurable to eat- when roasted instead of getting crispy, they get tough with a texture somewhere in- between paper and leather. But according to some people -consider the syrupy, caramelised sweetness and rich flavours that can become attached to the skins' inner surfaces. Butter the skins liberally with olive or avocado oil and sprinkle some salt and rub it all around the potato with your hands to form a glittering crust before roasting. in fact the combination is pretty delightful.

— *SAVITA BHARGAVA*

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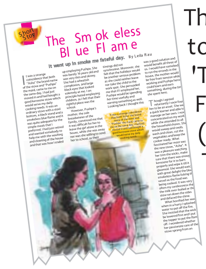
# AS YOU SAY

## 'THE SMOKELESS BLUE FLAME'



This is with reference to the short story 'The Smokeless Blue Flame', by Leila Rau (WE, April 2021). This story of the dowry-death of a teenaged girl is very pathetic and speaks volumes about the condition of girls in India! Here the moot question arises is: Are girls born just to be married off? Our Indian parents should make their daughters economically self-dependent so that they could maintain themselves without having husbands to keep them up! The daughters can look after themselves by their own earnings. They could also marry if they get suitable candidates in the future, otherwise what is the harm in being spinsters?

Why marriage is a compulsion?

*– Suresh Prasad, Darjeeling*

## SONGS OF SPRING

The story, Songs Of Spring by Someeta Das, March 2021, truly depicts the agony one feels from one's unbounded fears. Rukmani a tired housewife goes to her small garden to refresh herself in the company of the plants. She talks to the plants and connects her fate to the withering of the roses. Once her fears come true by chance and again on finding the yellow rose withering gets over worried when her husband doesn't come back home from work and imagines the worst. It is only when the husband returns home with the good news that she gets back to her senses and leaves her superstition forever. This is what exactly happens with many people, they correlate their mishappening to their misgivings and unnecessarily stress themselves for their imagined fears. They even pass on their fears to the next generation and bind them with their foolish predictions.

*– Harinder Kaur, Jalandhar*

## ENGLISH MEDIUM

This is with reference to the letter English Medium by Shubhankar Bhattacharjee (WE, March 2021), regarding neglect of the mother languages by modern people! I fully agree with the statement of the letter writer.

I think this is the main drawback/demerit of the Public Schooling System of the present generation. Previously, when there were few public schools in comparison to the government-run schools, the students were well versed in their respective mother languages in addition to English. Not only that, they were proficient in a third language (usually the regional language of the concerned state) of their choice.

But, in the modern Public School System where Government Schools are too few, the modern generation is fluent in English only at the cost of their mother languages, so much so that most of them speak in English even among their siblings and parents! This trend cannot be appreciated.

*– Suresh Prasad, Pavitranagar*

## "NIGHTMARES A REFLECTION"

The article "Nightmares A reflection" by Charuta Malshe in (WE-April 2021) giving a clear insight of dreams and nightmares made it an interesting read. It is easier to say some dreams as fantasy and dismiss it as a figment of imagination but they are frightening dreams that cannot be dismissed because it constantly disturbs the mind. As one has little to lose as most dreams end up as an illusion, a nightmare, on the contrary, stirs the mind about an impending happening that makes one restless. Sleepless nights with visions of impending danger constantly caressing the mind cannot be ruled out. Though a nightmare differs from person to person, the premonition an older person gets during sleep that something drastic and dangerous await can have a telling effect on his/her health may at times turn him/her a wreck. All said and done, the feeling of vulnerability due to a sudden change in life on account of nightmares

may catalyze stress, anxiety, fear and sadness is a natural and inescapable part of the life of certain individuals, therefore, only a relaxed mind can be able to guide and help us overcome the insecurities to a large extent. For this, focusing on positive things, reciting positive affirmatives, and maintaining a sense of hope by always remembering that some good things are likely to happen in life out of the blue from a loved one besides keeping active with morning walk as rightly said by the writer with well-wishers is certain to bring in self-transformation.

*– R.Srinivasan, Secunderabad*

***The prize is awarded to:***
**R.Srinivasan**

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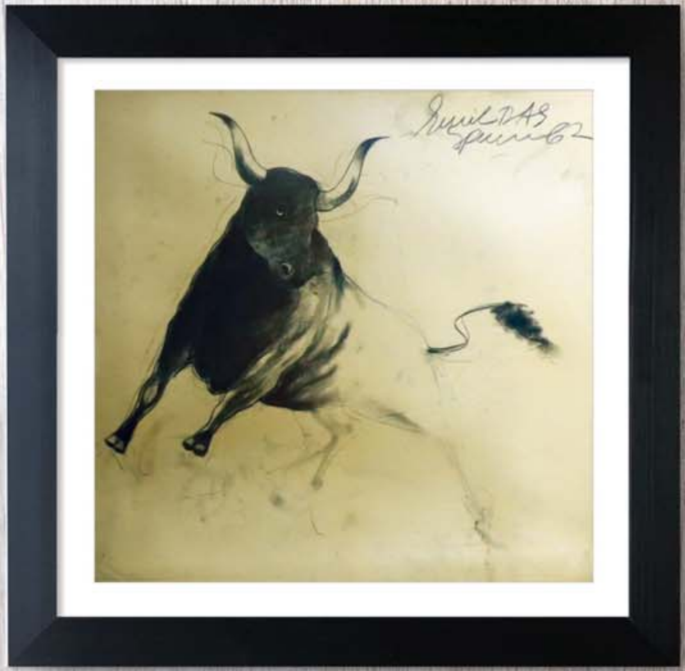

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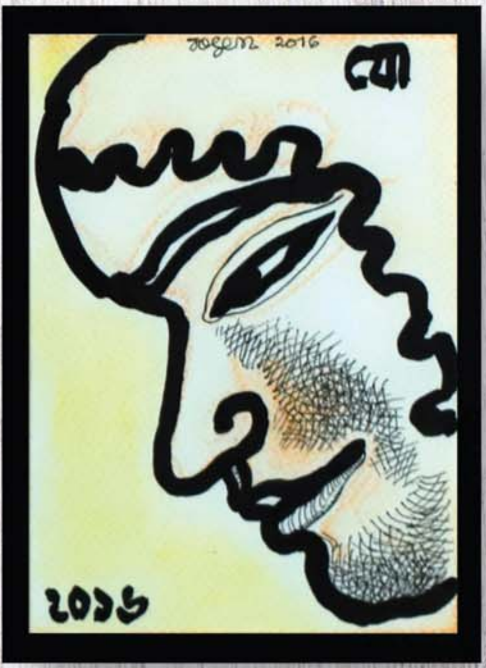

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